



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Kraft, Fabian**

Club: 1. Karate - Verein Erfurt e.V.

Number: 1302

Course: 10.00 km

Vintage VDB Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 43:14

Speed: 13.88 km/h

Running performance: 4:19 min/km

Rank in course/Total: 80 (of 637)

Rank in course/Men: 78 (of 493)

Best time in course: 31:35

Rank in category: 7(of 21)

Best time in the category: 33:03

### Intermediate times

### Stage score

### Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde Langstrec   | 2.00        | 8:23          | 4:11            | 8           | 2:06           | 71         | 2:06          | 2.00        | 8:23          | 4:11            | 3           |                | 140        | 2:06          |
| Runde Langstrec   | 2.00        | 8:37          | 4:18            | 7           | 2:07           | 79         | 2:14          | 4.00        | 17:00         | 4:15            | 3           |                | 140        | 4:20          |
| Runde Langstrec   | 2.00        | 8:55          | 4:27            | 8           | 2:07           | 110        | 2:27          | 6.00        | 25:55         | 4:19            | 3           |                | 467        | 6:47          |
| Runde Langstrec   | 2.00        | 8:45          | 4:22            | 7           | 1:58           | 74         | 2:21          | 8.00        | 34:40         | 4:19            | 3           |                | 462        | 9:08          |
| Leichtathletikhal | 2.00        | 8:34          | 4:16            | 6           | 1:53           | 90         | 2:31          | 10.00       | 43:14         | 4:19            | 7           | 10:11          | 78         | 11:39         |