



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kozlik, Jens

Club: Erfurt

Number: 1092

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:19

Speed: 13.24 km/h

Running performance: 4:32 min/km

Rank in course/Total: 140 (of 637)

Rank in course/Men: 135 (of 493)

Best time in course: 31:35

Rank in category: 37(of 135)

Best time in the category: 33:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Runde Langstrec	2.00	8:47	4:23	26	2:19	101	2:30	2.00	8:47	4:23	133	2:19	469	2:30				
Runde Langstrec	2.00	8:52	4:26	32	2:10	126	2:29	4.00	17:39	4:24	133	4:29	469	4:59				
Runde Langstrec	2.00	9:11	4:35	37	2:19	144	2:43	6.00	26:50	4:28	133	6:48	468	7:42				
Runde Langstrec	2.00	9:21	4:40	43	2:35	157	2:57	8.00	36:11	4:31	130	9:23	463	10:39				
Leichtathletikh	2.00	9:08	4:33	43	2:21	154	3:05	10.00	45:19	4:31	37	11:44	135	13:44				