



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Nadstawek, Martin

Club: Schiedsrichter KFA Erfurt-Sömmerda
Number: 1038

Course: 10.00 km
Vintage VDB Lauf

Category:
Männer (20-29 Jahre)

Total time: 52:47

Speed: 11.37 km/h
Running performance: 5:17 min/km

Rank in course/Total: 344 (of 637)

Rank in course/Men: 307 (of 493)

Best time in course: 31:35

Rank in category: 54(of 69)

Best time in the category: 31:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde Langstrec	2.00	9:32	4:46	32	3:15	185	3:15	2.00	9:32	4:46	26		87	3:15
Runde Langstrec	2.00	10:05	5:02	45	3:42	266	3:42	4.00	19:37	4:54	26		475	6:57
Runde Langstrec	2.00	10:42	5:20	55	4:14	339	4:14	6.00	30:19	5:03	26		474	11:11
Runde Langstrec	2.00	11:15	5:37	59	4:51	387	4:51	8.00	41:34	5:11	23		469	16:02
Leichtathletikhal	2.00	11:13	5:36	60	5:10	406	5:10	10.00	52:47	5:16	54	21:12	307	21:12