



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ellinger, Dirk

Club: GutsMuths Rennsteiglaufverein

Number: 1691

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:43

Speed: 12.32 km/h

Running performance: 4:52 min/km

Rank in course/Total: 221 (of 637)

Rank in course/Men: 205 (of 493)

Best time in course: 31:35

Rank in category: 57(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	9:26	4:43	45	2:58	175	3:09	2.00	9:26	4:43	16	2:58	83	3:09
Runde Langstrec	2.00	9:33	4:46	58	2:51	203	3:10	4.00	18:59	4:44	134	5:49	462	6:19
Runde Langstrec	2.00	9:52	4:56	63	3:00	224	3:24	6.00	28:51	4:48	134	8:49	480	9:43
Runde Langstrec	2.00	10:05	5:02	71	3:19	241	3:41	8.00	38:56	4:51	131	12:08	475	13:24
Leichtathletikh	2.00	9:47	4:53	70	3:00	239	3:44	10.00	48:43	4:52	57	15:08	205	17:08