



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Letsch, Patrick

Club: ASV Erfurt

Number: 1492

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 35:09

Speed: 17.07 km/h

Running performance: 3:31 min/km

Rank in course/Total: 6 (of 637)

Rank in course/Men: 6 (of 493)

Best time in course: 31:35

Rank in category: 2(of 133)

Best time in the category: 32:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	6:28	3:14	2	0:11	5	0:11	2.00	6:28	3:14	2	0:11	5	0:11
Runde Langstrec	2.00	6:42	3:21	2	0:19	5	0:19	4.00	13:10	3:17	2	0:30	5	0:30
Runde Langstrec	2.00	6:53	3:26	2	0:25	6	0:25	6.00	20:03	3:20	2	0:55	6	0:55
Runde Langstrec	2.00	7:15	3:37	2	0:51	6	0:51	8.00	27:18	3:24	2	1:46	6	1:46
Leichtathletikhal	2.00	7:51	3:55	14	1:22	37	1:48	10.00	35:09	3:30	2	3:08	6	3:34