



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Heinz, Philipp

Club: SV 1885 Teutschenthal e.V.

Number: 1390

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 36:49

Speed: 16.30 km/h

Running performance: 3:41 min/km

Rank in course/Total: 16 (of 637)

Rank in course/Men: 16 (of 493)

Best time in course: 31:35

Rank in category: 10(of 69)

Best time in the category: 31:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men				
Runde Langstrec	2.00	7:11	3:35	8	0:54	19	0:54	2.00	7:11	3:35	49			10	0:54		
Runde Langstrec	2.00	7:20	3:39	9	0:57	17	0:57	4.00	14:31	3:37	47			10	1:51		
Runde Langstrec	2.00	7:30	3:45	10	1:02	17	1:02	6.00	22:01	3:40	49			10	2:53		
Runde Langstrec	2.00	7:29	3:44	9	1:05	16	1:05	8.00	29:30	3:41	48			9	3:58		
Leichtathletikh	2.00	7:19	3:39	10	1:16	16	1:16	10.00	36:49	3:40	10	5:14		16	5:14		