



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Große, René

Club: Rennsteiglaufverein/LG Süd

Number: 1064

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 37:07

Speed: 16.17 km/h

Running performance: 3:43 min/km

Rank in course/Total: 18 (of 637)

Rank in course/Men: 18 (of 493)

Best time in course: 31:35

Rank in category: 3(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	7:12	3:36	7	0:55	21	0:55	2.00	7:12	3:36	3	0:55	13	0:55
Runde Langstrec	2.00	7:19	3:39	3	0:56	16	0:56	4.00	14:31	3:37	3	1:51	10	1:51
Runde Langstrec	2.00	7:29	3:44	3	1:01	14	1:01	6.00	22:00	3:39	3	2:52	13	2:52
Runde Langstrec	2.00	7:32	3:46	3	1:08	18	1:08	8.00	29:32	3:41	3	4:00	12	4:00
Leichtathletikhal	2.00	7:35	3:47	3	1:06	19	1:32	10.00	37:07	3:42	3	5:06	18	5:32