



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Greiner, Daniel

Club: SV Söm
Number: 1690

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M30 (30-39 Jahre)

Total time: 37:47

Speed: 15.88 km/h
Running performance: 3:47 min/km

Rank in course/Total: 21 (of 637)

Rank in course/Men: 21 (of 493)

Best time in course: 31:35

Rank in category: 5(of 133)

Best time in the category: 32:01

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	7:01	3:30	3	0:44	10	0:44	2.00	7:01	3:30	6	0:44	25	0:44
Runde Langstrec	2.00	7:28	3:44	5	1:05	21	1:05	4.00	14:29	3:37	6	1:49	11	1:49
Runde Langstrec	2.00	7:43	3:51	5	1:15	21	1:15	6.00	22:12	3:41	6	3:04	25	3:04
Runde Langstrec	2.00	7:55	3:57	6	1:31	22	1:31	8.00	30:07	3:45	6	4:35	24	4:35
Leichtathletikh	2.00	7:40	3:50	4	1:11	22	1:37	10.00	37:47	3:46	5	5:46	21	6:12