



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Morgenstern, Dennis

Club: SV Nordhausen 90 Triathlon

Number: 1307

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 39:52

Speed: 15.05 km/h

Running performance: 3:59 min/km

Rank in course/Total: 39 (of 637)

Rank in course/Men: 38 (of 493)

Best time in course: 31:35

Rank in category: 16(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.	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	7:46	3:53	13	1:29	37	1:29	2.00	7:46	3:53	12	1:29	33	1:29
Runde Langstrec	2.00	8:01	4:00	19	1:38	44	1:38	4.00	15:47	3:56	12	3:07	33	3:07
Runde Langstrec	2.00	8:12	4:05	17	1:44	40	1:44	6.00	23:59	3:59	12	4:51	33	4:51
Runde Langstrec	2.00	8:10	4:04	15	1:46	40	1:46	8.00	32:09	4:01	12	6:37	32	6:37
Leichtathletikh	2.00	7:43	3:51	5	1:14	26	1:40	10.00	39:52	3:59	16	7:51	38	8:17