



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Vollmann, Daniel

Club: Erfurt

Number: 1363

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 39:40

Speed: 15.13 km/h

Running performance: 3:58 min/km

Rank in course/Total: 33 (of 637)

Rank in course/Men: 32 (of 493)

Best time in course: 31:35

Rank in category: 13(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	8:00	4:00	16	1:43	44	1:43	2.00	8:00	4:00	13	1:43	35	1:43
Runde Langstrec	2.00	7:51	3:55	12	1:28	32	1:28	4.00	15:51	3:57	13	3:11	35	3:11
Runde Langstrec	2.00	7:55	3:57	11	1:27	27	1:27	6.00	23:46	3:57	13	4:38	35	4:38
Runde Langstrec	2.00	8:05	4:02	12	1:41	32	1:41	8.00	31:51	3:58	13	6:19	34	6:19
Leichtathletikh	2.00	7:49	3:54	12	1:20	34	1:46	10.00	39:40	3:57	13	7:39	32	8:05