



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Krieger, Uwe

Club: Schwerborn

Number: 1360

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 40:40

Speed: 14.75 km/h

Running performance: 4:04 min/km

Rank in course/Total: 47 (of 637)

Rank in course/Men: 46 (of 493)

Best time in course: 31:35

Rank in category: 21(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	8:21	4:10	29	2:04	70	2:04	2.00	8:21	4:10	25	2:04	54	2:04
Runde Langstrec	2.00	7:52	3:55	14	1:29	34	1:29	4.00	16:13	4:03	25	3:33	54	3:33
Runde Langstrec	2.00	8:15	4:07	19	1:47	44	1:47	6.00	24:28	4:04	25	5:20	54	5:20
Runde Langstrec	2.00	8:13	4:06	17	1:49	43	1:49	8.00	32:41	4:05	25	7:09	53	7:09
Leichtathletikh	2.00	7:59	3:59	18	1:30	44	1:56	10.00	40:40	4:03	21	8:39	46	9:05