



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Welke, Jens

Club: Lauffreunde Lossatal

Number: 1317

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 40:58

Speed: 14.65 km/h

Running performance: 4:06 min/km

Rank in course/Total: 51 (of 637)

Rank in course/Men: 49 (of 493)

Best time in course: 31:35

Rank in category: 8(of 135)

Best time in the category: 33:35

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	8:08	4:03	9	1:40	56	1:51	2.00	8:08	4:03	10	1:40	51	1:51
Runde Langstrec	2.00	8:08	4:03	8	1:26	50	1:45	4.00	16:16	4:03	10	3:06	58	3:36
Runde Langstrec	2.00	8:16	4:08	7	1:24	45	1:48	6.00	24:32	4:05	10	4:30	58	5:24
Runde Langstrec	2.00	8:15	4:07	7	1:29	48	1:51	8.00	32:47	4:05	9	5:59	57	7:15
Leichtathletikh	2.00	8:11	4:05	8	1:24	54	2:08	10.00	40:58	4:05	8	7:23	49	9:23