



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Diezel, Uwe

Club: SWE

Number: 1365

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:46

Speed: 13.71 km/h

Running performance: 4:23 min/km

Rank in course/Total: 94 (of 637)

Rank in course/Men: 91 (of 493)

Best time in course: 31:35

Rank in category: 17(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. | Stage score | | Total | | | 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 | 8:16 | 4:08 | 12 | 1:48 | 67 | 1:59 | 2.00 | 8:16 | 4:08 | 12 | 1:48 | 65 | 1:59 |
| Runde Langstrec | 2.00 | 8:46 | 4:23 | 25 | 2:04 | 110 | 2:23 | 4.00 | 17:02 | 4:15 | 12 | 3:52 | 65 | 4:22 |
| Runde Langstrec | 2.00 | 8:55 | 4:27 | 26 | 2:03 | 110 | 2:27 | 6.00 | 25:57 | 4:19 | 12 | 5:55 | 65 | 6:49 |
| Runde Langstrec | 2.00 | 9:09 | 4:34 | 31 | 2:23 | 125 | 2:45 | 8.00 | 35:06 | 4:23 | 11 | 8:18 | 64 | 9:34 |
| Leichtathletikh | 2.00 | 8:40 | 4:19 | 19 | 1:53 | 100 | 2:37 | 10.00 | 43:46 | 4:22 | 17 | 10:11 | 91 | 12:11 |