



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Sparbrod, Jörg

Club: Erfurt

Number: 1437

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:08

Speed: 13.91 km/h

Running performance: 4:19 min/km

Rank in course/Total: 77 (of 637)

Rank in course/Men: 75 (of 493)

Best time in course: 31:35

Rank in category: 12(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	8:44	4:21	22	2:16	95	2:27	2.00	8:44	4:21	15	2:16	75	2:27
Runde Langstrec	2.00	8:37	4:18	17	1:55	79	2:14	4.00	17:21	4:20	19	4:11	89	4:41
Runde Langstrec	2.00	8:41	4:20	16	1:49	80	2:13	6.00	26:02	4:20	11	6:00	64	6:54
Runde Langstrec	2.00	8:49	4:24	15	2:03	81	2:25	8.00	34:51	4:21	18	8:03	88	9:19
Leichtathletikhal	2.00	8:17	4:08	9	1:30	64	2:14	10.00	43:08	4:18	12	9:33	75	11:33