



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stengel, Alexander

Club: LTV Erfurt

Number: 1270

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:21

Speed: 13.23 km/h

Running performance: 4:32 min/km

Rank in course/Total: 142 (of 637)

Rank in course/Men: 137 (of 493)

Best time in course: 31:35

Rank in category: 39(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	9:14	4:36	40	2:46	152	2:57	2.00	9:14	4:36	24	2:46	99	2:57
Runde Langstrec	2.00	8:50	4:25	29	2:08	122	2:27	4.00	18:04	4:30	24	4:54	99	5:24
Runde Langstrec	2.00	9:13	4:36	39	2:21	148	2:45	6.00	27:17	4:32	24	7:15	99	8:09
Runde Langstrec	2.00	9:13	4:36	32	2:27	130	2:49	8.00	36:30	4:33	23	9:42	98	10:58
Leichtathletikh	2.00	8:51	4:25	29	2:04	124	2:48	10.00	45:21	4:32	39	11:46	137	13:46