



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schwendler, Rainer

Club: BW Strausberg

Number: 1605

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:05

Speed: 13.02 km/h

Running performance: 4:37 min/km

Rank in course/Total: 160 (of 637)

Rank in course/Men: 154 (of 493)

Best time in course: 31:35

Rank in category: 44(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	9:13	4:36	39	2:45	148	2:56	2.00	9:13	4:36	32	2:45	50	2:56
Runde Langstrec	2.00	9:04	4:31	42	2:22	149	2:41	4.00	18:17	4:34	32	5:07	119	5:37
Runde Langstrec	2.00	9:11	4:35	37	2:19	144	2:43	6.00	27:28	4:34	32	7:26	102	8:20
Runde Langstrec	2.00	9:19	4:39	41	2:33	152	2:55	8.00	36:47	4:35	31	9:59	118	11:15
Leichtathletikhal	2.00	9:18	4:39	49	2:31	172	3:15	10.00	46:05	4:36	44	12:30	154	14:30