



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Krone, Holger

Club: 1.Erfurter Badmintonverein
Number: 1085

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M40 (40-49 Jahre)

Total time: 45:44

Speed: 13.12 km/h
Running performance: 4:34 min/km

Rank in course/Total: 153 (of 637)

Rank in course/Men: 147 (of 493)

Best time in course: 31:35

Rank in category: 41(of 135)

Best time in the category: 33:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde Langstrec	2.00	8:54	4:27	31	2:26	113	2:37	2.00	8:54	4:27	34	2:26	98	2:37
Runde Langstrec	2.00	9:10	4:34	45	2:28	158	2:47	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	9:14	4:36	34	2:28	134	2:50	8.00	36:31	4:33	33	9:43	116	10:59
Leichtathletikh	2.00	9:13	4:36	46	2:26	163	3:10	10.00	45:44	4:34	41	12:09	147	14:09