



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Sickel, Steffen

Club: FC Gebesee

Number: 1172

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:50

Speed: 13.69 km/h

Running performance: 4:23 min/km

Rank in course/Total: 100 (of 637)

Rank in course/Men: 96 (of 493)

Best time in course: 31:35

Rank in category: 19(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 | 9:08 | 4:33 | 36 | 2:40 | 135 | 2:51 | 2.00 | 9:08 | 4:33 | 39 | 2:40 | 142 | 2:51 | |
| Runde Langstrec | 2.00 | 8:34 | 4:16 | 16 | 1:52 | 74 | 2:11 | 4.00 | 17:42 | 4:25 | 39 | 4:32 | 142 | 5:02 | |
| Runde Langstrec | 2.00 | 8:40 | 4:19 | 14 | 1:48 | 77 | 2:12 | 6.00 | 26:22 | 4:23 | 39 | 6:20 | 142 | 7:14 | |
| Runde Langstrec | 2.00 | 8:52 | 4:26 | 19 | 2:06 | 92 | 2:28 | 8.00 | 35:14 | 4:24 | 38 | 8:26 | 141 | 9:42 | |
| Leichtathletikh | 2.00 | 8:36 | 4:17 | 16 | 1:49 | 95 | 2:33 | 10.00 | 43:50 | 4:23 | 19 | 10:15 | 96 | 12:15 | |