



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

May, Sebastian

Club: SG Einheit Arnstadt

Number: 1334

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 46:03

Speed: 13.03 km/h

Running performance: 4:37 min/km

Rank in course/Total: 159 (of 637)

Rank in course/Men: 153 (of 493)

Best time in course: 31:35

Rank in category: 30(of 69)

Best time in the category: 31:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			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	8:43	4:21	20	2:26	94	2:26	2.00	8:43	4:21	60			149	2:26
Runde Langstrec	2.00	8:46	4:23	23	2:23	110	2:23	4.00	17:29	4:22	60			75	4:49
Runde Langstrec	2.00	9:32	4:46	32	3:04	187	3:04	6.00	27:01	4:30	60			106	7:53
Runde Langstrec	2.00	9:59	4:59	38	3:35	227	3:35	8.00	37:00	4:37	59			109	11:28
Leichtathletikh	2.00	9:03	4:31	30	3:00	143	3:00	10.00	46:03	4:36	30	14:28		153	14:28