



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Weber, Ronny

Club: Lauchröden

Number: 1295

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:50

Speed: 13.38 km/h

Running performance: 4:29 min/km

Rank in course/Total: 122 (of 637)

Rank in course/Men: 118 (of 493)

Best time in course: 31:35

Rank in category: 29(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	8:19	4:09	14	1:51	69	2:02	2.00	8:19	4:09	42	1:51	154	2:02
Runde Langstrec	2.00	8:55	4:27	36	2:13	135	2:32	4.00	17:14	4:18	42	4:04	154	4:34
Runde Langstrec	2.00	9:01	4:30	29	2:09	120	2:33	6.00	26:15	4:22	42	6:13	154	7:07
Runde Langstrec	2.00	9:20	4:40	42	2:34	154	2:56	8.00	35:35	4:26	41	8:47	120	10:03
Leichtathletikh	2.00	9:15	4:37	47	2:28	168	3:12	10.00	44:50	4:29	29	11:15	118	13:15