



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Göring, Stephan

Club: Berufsfeuerwehr Erfurt

Number: 1015

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 43:49

Speed: 13.69 km/h

Running performance: 4:23 min/km

Rank in course/Total: 99 (of 637)

Rank in course/Men: 95 (of 493)

Best time in course: 31:35

Rank in category: 42(of 133)

Best time in the category: 32:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde Langstrec	2.00	9:18	4:39	54	3:01	159	3:01	2.00	9:18	4:39	34	3:01	80	3:01	
Runde Langstrec	2.00	8:29	4:14	29	2:06	69	2:06	4.00	17:47	4:26	59	5:07	156	5:07	
Runde Langstrec	2.00	8:45	4:22	36	2:17	84	2:17	6.00	26:32	4:25	34	7:24	80	7:24	
Runde Langstrec	2.00	8:48	4:24	36	2:24	79	2:24	8.00	35:20	4:25	59	9:48	154	9:48	
Leichtathletikh	2.00	8:29	4:14	40	2:00	80	2:26	10.00	43:49	4:22	42	11:48	95	12:14	