



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Adloff, Jens

Club: Erfurt

Number: 1357

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:17

Speed: 12.69 km/h

Running performance: 4:44 min/km

Rank in course/Total: 187 (of 637)

Rank in course/Men: 177 (of 493)

Best time in course: 31:35

Rank in category: 52(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	9:26	4:43	45	2:58	175	3:09	2.00	9:26	4:43	16	2:58	83	3:09
Runde Langstrec	2.00	9:10	4:34	45	2:28	158	2:47	4.00	18:36	4:39	30	5:26	113	5:56
Runde Langstrec	2.00	9:26	4:43	51	2:34	174	2:58	6.00	28:02	4:40	45	8:00	164	8:54
Runde Langstrec	2.00	9:47	4:53	60	3:01	200	3:23	8.00	37:49	4:43	44	11:01	163	12:17
Leichtathletikhäl	2.00	9:28	4:44	55	2:41	195	3:25	10.00	47:17	4:43	52	13:42	177	15:42