



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kopf, Enrico

Club: Karnevalverein Wülfingerode

Number: 1308

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 49:43

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 251 (of 637)

Rank in course/Men: 233 (of 493)

Best time in course: 31:35

Rank in category: 76(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	9:43	4:51	69	3:26	202	3:26	2.00	9:43	4:51	63	3:26	151	3:26
Runde Langstrec	2.00	9:32	4:46	67	3:09	198	3:09	4.00	19:15	4:48	63	6:35	168	6:35
Runde Langstrec	2.00	10:02	5:00	76	3:34	243	3:34	6.00	29:17	4:52	63	10:09	167	10:09
Runde Langstrec	2.00	10:15	5:07	77	3:51	259	3:51	8.00	39:32	4:56	63	14:00	166	14:00
Leichtathletikh	2.00	10:11	5:05	87	3:42	285	4:08	10.00	49:43	4:58	76	17:42	233	18:08