



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Göllert, Christian

Club: Lauffreunde Hayn

Number: 1052

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 48:13

Speed: 12.44 km/h

Running performance: 4:49 min/km

Rank in course/Total: 205 (of 637)

Rank in course/Men: 191 (of 493)

Best time in course: 31:35

Rank in category: 65(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	9:14	4:36	51	2:57	152	2:57	2.00	9:14	4:36	66	2:57	99	2:57
Runde Langstrec	2.00	9:30	4:45	63	3:07	192	3:07	4.00	18:44	4:41	66	6:04	187	6:04
Runde Langstrec	2.00	9:50	4:55	73	3:22	220	3:22	6.00	28:34	4:45	66	9:26	146	9:26
Runde Langstrec	2.00	9:56	4:58	69	3:32	218	3:32	8.00	38:30	4:48	66	12:58	185	12:58
Leichtathletikh	2.00	9:43	4:51	72	3:14	223	3:40	10.00	48:13	4:49	65	16:12	191	16:38