



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Glatz, Mirko

Club: Schernfeld

Number: 1136

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 48:17

Speed: 12.43 km/h

Running performance: 4:50 min/km

Rank in course/Total: 206 (of 637)

Rank in course/Men: 192 (of 493)

Best time in course: 31:35

Rank in category: 66(of 133)

Best time in the category: 32:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score		Total ranking		Total km	Total Time	Total min/km	Stage score		Total ranking	
				Pos Cat.	Behind Cat.	Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	10:18	5:09	75	4:01	246	4:01	2.00	10:18	5:09	67	4:01	181	4:01
Runde Langstrec	2.00	9:20	4:40	60	2:57	177	2:57	4.00	19:38	4:54	67	6:58	202	6:58
Runde Langstrec	2.00	9:32	4:46	65	3:04	187	3:04	6.00	29:10	4:51	67	10:02	171	10:02
Runde Langstrec	2.00	9:41	4:50	67	3:17	186	3:17	8.00	38:51	4:51	67	13:19	197	13:19
Leichtathletikh	2.00	9:26	4:43	67	2:57	192	3:23	10.00	48:17	4:49	66	16:16	192	16:42