



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Jentsch, Andre

Club: ILB-Graakjaer

Number: 1531

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:16

Speed: 13.25 km/h

Running performance: 4:32 min/km

Rank in course/Total: 138 (of 637)

Rank in course/Men: 132 (of 493)

Best time in course: 31:35

Rank in category: 35(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	8:15	4:07	11	1:47	64	1:58	2.00	8:15	4:07	66	1:47	116	1:58
Runde Langstrec	2.00	8:45	4:22	23	2:03	106	2:22	4.00	17:00	4:15	66	3:50	140	4:20
Runde Langstrec	2.00	9:09	4:34	34	2:17	137	2:41	6.00	26:09	4:21	66	6:07	231	7:01
Runde Langstrec	2.00	9:22	4:41	44	2:36	158	2:58	8.00	35:31	4:26	65	8:43	93	9:59
Leichtathletikhal	2.00	9:45	4:52	65	2:58	230	3:42	10.00	45:16	4:31	35	11:41	132	13:41