



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stange, Mario

Club: GMLR

Number: 1069

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:26

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 365 (of 637)

Rank in course/Men: 325 (of 493)

Best time in course: 31:35

Rank in category: 89(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	11:41	5:50	105	5:13	393	5:24	2.00	11:41	5:50	68	5:13	237	5:24	
Runde Langstrec	2.00	10:21	5:10	83	3:39	305	3:58	4.00	22:02	5:30	68	8:52	237	9:22	
Runde Langstrec	2.00	10:22	5:11	82	3:30	288	3:54	6.00	32:24	5:23	68	12:22	236	13:16	
Runde Langstrec	2.00	10:32	5:15	85	3:46	300	4:08	8.00	42:56	5:21	67	16:08	235	17:24	
Leichtathletikh	2.00	10:30	5:15	92	3:43	326	4:27	10.00	53:26	5:20	89	19:51	325	21:51	