



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ehrhardt, Ronny

Club: Sportfreunde Herbsleben

Number: 1513

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 48:37

Speed: 12.34 km/h

Running performance: 4:52 min/km

Rank in course/Total: 215 (of 637)

Rank in course/Men: 200 (of 493)

Best time in course: 31:35

Rank in category: 69(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	10:35	5:17	77	4:18	272	4:18	2.00	10:35	5:17	68	4:18	213	4:18
Runde Langstrec	2.00	9:31	4:45	65	3:08	196	3:08	4.00	20:06	5:01	74	7:26	240	7:26
Runde Langstrec	2.00	9:29	4:44	63	3:01	183	3:01	6.00	29:35	4:55	74	10:27	206	10:27
Runde Langstrec	2.00	9:30	4:45	60	3:06	168	3:06	8.00	39:05	4:53	74	13:33	238	13:33
Leichtathletikh	2.00	9:32	4:46	68	3:03	200	3:29	10.00	48:37	4:51	69	16:36	200	17:02