



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Becker, Ingo

Club: BW Strausberg

Number: 1606

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 57:09

Speed: 10.50 km/h

Running performance: 5:43 min/km

Rank in course/Total: 485 (of 637)

Rank in course/Men: 413 (of 493)

Best time in course: 31:35

Rank in category: 117(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	11:10	5:34	93	4:53	337	4:53	2.00	11:10	5:34	76	4:53	250	4:53
Runde Langstrec	2.00	11:08	5:33	110	4:45	402	4:45	4.00	22:18	5:34	76	9:38	243	9:38
Runde Langstrec	2.00	11:29	5:44	116	5:01	419	5:01	6.00	33:47	5:37	76	14:39	249	14:39
Runde Langstrec	2.00	11:30	5:45	115	5:06	416	5:06	8.00	45:17	5:39	76	19:45	248	19:45
Leichtathletikh	2.00	11:52	5:56	121	5:23	440	5:49	10.00	57:09	5:42	117	25:08	413	25:34