



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Paris, Thomas

Club: Erfurt

Number: 1184

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 56:31

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 463 (of 637)

Rank in course/Men: 396 (of 493)

Best time in course: 31:35

Rank in category: 110(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	12:46	6:23	126	6:29	470	6:29	2.00	12:46	6:23	78	6:29	264	6:29
Runde Langstrec	2.00	10:57	5:28	106	4:34	385	4:34	4.00	23:43	5:55	78	11:03	264	11:03
Runde Langstrec	2.00	10:51	5:25	100	4:23	354	4:23	6.00	34:34	5:45	78	15:26	263	15:26
Runde Langstrec	2.00	11:04	5:31	103	4:40	368	4:40	8.00	45:38	5:42	78	20:06	262	20:06
Leichtathletikh	2.00	10:53	5:26	104	4:24	369	4:50	10.00	56:31	5:39	110	24:30	396	24:56