



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ohm, Michael

Number: 1675

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 56:33

Speed: 10.61 km/h

Running performance: 5:40 min/km

Rank in course/Total: 465 (of 637)

Rank in course/Men: 398 (of 493)

Best time in course: 31:35

Rank in category: 111(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		Total		Total		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	12:40	6:19	123	6:23	461	6:23	2.00	12:40	6:19	79	6:23	267	6:23	
Runde Langstrec	2.00	11:17	5:38	115	4:54	417	4:54	4.00	23:57	5:59	79	11:17	267	11:17	
Runde Langstrec	2.00	11:04	5:31	106	4:36	381	4:36	6.00	35:01	5:50	79	15:53	266	15:53	
Runde Langstrec	2.00	11:00	5:30	101	4:36	361	4:36	8.00	46:01	5:45	79	20:29	265	20:29	
Leichtathletikh	2.00	10:32	5:15	94	4:03	330	4:29	10.00	56:33	5:39	111	24:32	398	24:58	