



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hielscher, Andrei

Club: SWE

Number: 1715

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 1:00:41

Speed: 9.89 km/h

Running performance: 6:04 min/km

Rank in course/Total: 562 (of 637)

Rank in course/Men: 458 (of 493)

Best time in course: 31:35

Rank in category: 125(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	11:31	5:45	97	5:03	370	5:14	2.00	11:31	5:45	79	5:03	155	5:14
Runde Langstrec	2.00	12:02	6:00	129	5:20	470	5:39	4.00	23:33	5:53	79	10:23	272	10:53
Runde Langstrec	2.00	12:12	6:05	126	5:20	459	5:44	6.00	35:45	5:57	79	15:43	271	16:37
Runde Langstrec	2.00	12:30	6:15	126	5:44	461	6:06	8.00	48:15	6:01	78	21:27	270	22:43
Leichtathletikhal	2.00	12:26	6:13	125	5:39	461	6:23	10.00	1:00:41	6:04	125	27:06	458	29:06