



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Neumann, Lars

Club: AnnaKram

Number: 1564

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:05

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 380 (of 637)

Rank in course/Men: 338 (of 493)

Best time in course: 31:35

Rank in category: 93(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.	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	10:57	5:28	84	4:29	314	4:40	2.00	10:57	5:28	86	4:29	193	4:40
Runde Langstrec	2.00	10:52	5:26	104	4:10	377	4:29	4.00	21:49	5:27	86	8:39	305	9:09
Runde Langstrec	2.00	11:13	5:36	111	4:21	396	4:45	6.00	33:02	5:30	86	13:00	304	13:54
Runde Langstrec	2.00	10:43	5:21	94	3:57	329	4:19	8.00	43:45	5:28	85	16:57	303	18:13
Leichtathletikhal	2.00	10:20	5:10	86	3:33	308	4:17	10.00	54:05	5:24	93	20:30	338	22:30