



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Köhler, Marcel

Club: Erfurt- Molsdorf

Number: 1544

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 59:38

Speed: 10.06 km/h

Running performance: 5:58 min/km

Rank in course/Total: 549 (of 637)

Rank in course/Men: 452 (of 493)

Best time in course: 31:35

Rank in category: 125(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	12:35	6:17	122	6:18	457	6:18	2.00	12:35	6:17	95	6:18	329	6:18
Runde Langstrec	2.00	11:40	5:49	123	5:17	457	5:17	4.00	24:15	6:03	95	11:35	329	11:35
Runde Langstrec	2.00	11:46	5:53	121	5:18	439	5:18	6.00	36:01	6:00	95	16:53	328	16:53
Runde Langstrec	2.00	11:54	5:57	120	5:30	439	5:30	8.00	47:55	5:59	95	22:23	327	22:23
Leichtathletikhal	2.00	11:43	5:51	120	5:14	435	5:40	10.00	59:38	5:57	125	27:37	452	28:03