



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Liesegang, René

Club: SV 90 Nordhausen Triathlon

Number: 1551

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 53:06

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 358 (of 637)

Rank in course/Men: 319 (of 493)

Best time in course: 31:35

Rank in category: 56(of 69)

Best time in the category: 31:35

### Intermediate times

### Stage score

### Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total |       | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|-----------------|-------------|----------------|---------------|---------------|
|                   |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km    | Time  |                 |             |                | Pos<br>Men    | Behind<br>Men |
| Runde Langstrec   | 2.00        | 10:46         | 5:23            | 49          | 4:29           | 300         | 4:29          | 2.00  | 10:46 | 5:23            | 3           |                | 343           | 4:29          |
| Runde Langstrec   | 2.00        | 10:48         | 5:24            | 59          | 4:25           | 365         | 4:25          | 4.00  | 21:34 | 5:23            | 3           |                | 343           | 8:54          |
| Runde Langstrec   | 2.00        | 10:55         | 5:27            | 59          | 4:27           | 362         | 4:27          | 6.00  | 32:29 | 5:24            | 3           |                | 245           | 13:21         |
| Runde Langstrec   | 2.00        | 10:57         | 5:28            | 54          | 4:33           | 353         | 4:33          | 8.00  | 43:26 | 5:25            | 2           |                | 341           | 17:54         |
| Leichtathletikhal | 2.00        | 9:40          | 4:49            | 38          | 3:37           | 218         | 3:37          | 10.00 | 53:06 | 5:18            | 56          | 21:31          | 319           | 21:31         |