



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Riese, Bernhard

Club: SV Handwerk Erfurt

Number: 1331

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 48:27

Speed: 12.38 km/h

Running performance: 4:50 min/km

Rank in course/Total: 211 (of 637)

Rank in course/Men: 195 (of 493)

Best time in course: 31:35

Rank in category: 67(of 133)

Best time in the category: 32:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	9:56	4:58	73	3:39	217	3:39	2.00	9:56	4:58	99	3:39	345	3:39
Runde Langstrec	2.00	9:22	4:41	61	2:59	178	2:59	4.00	19:18	4:49	99	6:38	172	6:38
Runde Langstrec	2.00	9:38	4:48	68	3:10	197	3:10	6.00	28:56	4:49	99	9:48	344	9:48
Runde Langstrec	2.00	9:45	4:52	68	3:21	197	3:21	8.00	38:41	4:50	99	13:09	343	13:09
Leichtathletikh	2.00	9:46	4:53	74	3:17	232	3:43	10.00	48:27	4:50	67	16:26	195	16:52