



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Rödiger, Frank**

Club: Naturfreunde

Number: 1051

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:06

Speed: 13.30 km/h

Running performance: 4:31 min/km

Rank in course/Total: 131 (of 637)

Rank in course/Men: 126 (of 493)

Best time in course: 31:35

Rank in category: 49(of 133)

Best time in the category: 32:01

### 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 ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde Langstrec | 2.00        | 9:28          | 4:44            | 63          | 3:11           | 181         | 3:11          | 2.00          | 9:28          | 4:44            | 102         | 3:11           | 367        | 3:11          |
| Runde Langstrec | 2.00        | 8:52          | 4:26            | 51          | 2:29           | 126         | 2:29          | 4.00          | 18:20         | 4:34            | 102         | 5:40           | 367        | 5:40          |
| Runde Langstrec | 2.00        | 9:06          | 4:32            | 51          | 2:38           | 128         | 2:38          | 6.00          | 27:26         | 4:34            | 102         | 8:18           | 366        | 8:18          |
| Runde Langstrec | 2.00        | 9:08          | 4:33            | 50          | 2:44           | 123         | 2:44          | 8.00          | 36:34         | 4:34            | 102         | 11:02          | 365        | 11:02         |
| Leichtathletikh | 2.00        | 8:32          | 4:15            | 43          | 2:03           | 86          | 2:29          | 10.00         | 45:06         | 4:30            | 49          | 13:05          | 126        | 13:31         |