



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Winterfield, Parick

Club: LG Running Spatz

Number: 1689

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 54:45

Speed: 10.96 km/h

Running performance: 5:29 min/km

Rank in course/Total: 405 (of 637)

Rank in course/Men: 357 (of 493)

Best time in course: 31:35

Rank in category: 99(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.	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	13:07	6:33	129	6:50	479	6:50	2.00	13:07	6:33	109	6:50	290	6:50
Runde Langstrec	2.00	11:32	5:46	121	5:09	441	5:09	4.00	24:39	6:09	109	11:59	384	11:59
Runde Langstrec	2.00	9:42	4:50	70	3:14	208	3:14	6.00	34:21	5:43	100	15:13	346	15:13
Runde Langstrec	2.00	10:17	5:08	80	3:53	266	3:53	8.00	44:38	5:34	108	19:06	380	19:06
Leichtathletikh	2.00	10:07	5:03	85	3:38	279	4:04	10.00	54:45	5:28	99	22:44	357	23:10