



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kallenbach, Sebastian

Club: Weimar

Number: 1332

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:42

Speed: 12.58 km/h

Running performance: 4:46 min/km

Rank in course/Total: 195 (of 637)

Rank in course/Men: 183 (of 493)

Best time in course: 31:35

Rank in category: 53(of 135)

Best time in the category: 33:35

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	10:12	5:05	63	3:44	238	3:55	2.00	10:12	5:05	110	3:44	400	3:55
Runde Langstrec	2.00	9:23	4:41	53	2:41	181	3:00	4.00	19:35	4:53	110	6:25	161	6:55
Runde Langstrec	2.00	9:28	4:44	53	2:36	177	3:00	6.00	29:03	4:50	110	9:01	399	9:55
Runde Langstrec	2.00	9:32	4:46	49	2:46	172	3:08	8.00	38:35	4:49	108	11:47	395	13:03
Leichtathletikhal	2.00	9:07	4:33	42	2:20	153	3:04	10.00	47:42	4:46	53	14:07	183	16:07