



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Künzel, Rene

Club: Erfurt
Number: 1422

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M30 (30-39 Jahre)

Total time: 58:32

Speed: 10.25 km/h
Running performance: 5:51 min/km

Rank in course/Total: 515 (of 637)

Rank in course/Men: 432 (of 493)

Best time in course: 31:35

Rank in category: 122(of 133)

Best time in the category: 32:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men			
Runde Langstrec	2.00	10:36	5:17	79	4:19	276	4:19	2.00	10:36	5:17	114	4:19	185	4:19			
Runde Langstrec	2.00	11:37	5:48	122	5:14	454	5:14	4.00	22:13	5:33	94	9:33	327	9:33			
Runde Langstrec	2.00	12:11	6:05	125	5:43	458	5:43	6.00	34:24	5:44	114	15:16	410	15:16			
Runde Langstrec	2.00	12:11	6:05	125	5:47	452	5:47	8.00	46:35	5:49	107	21:03	376	21:03			
Leichtathletikh	2.00	11:57	5:58	122	5:28	442	5:54	10.00	58:32	5:51	122	26:31	432	26:57			