



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hegenbarth, Christian

Club: FG Füssen

Number: 1647

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 56:14

Speed: 10.67 km/h

Running performance: 5:37 min/km

Rank in course/Total: 450 (of 637)

Rank in course/Men: 388 (of 493)

Best time in course: 31:35

Rank in category: 107(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 | 12:08 | 6:03 | 117 | 5:51 | 432 | 5:51 | 2.00 | 12:08 | 6:03 | 121 | 5:51 | 429 | 5:51 | |
| Runde Langstrec | 2.00 | 11:08 | 5:33 | 110 | 4:45 | 402 | 4:45 | 4.00 | 23:16 | 5:48 | 121 | 10:36 | 429 | 10:36 | |
| Runde Langstrec | 2.00 | 10:59 | 5:29 | 104 | 4:31 | 369 | 4:31 | 6.00 | 34:15 | 5:42 | 121 | 15:07 | 428 | 15:07 | |
| Runde Langstrec | 2.00 | 11:14 | 5:36 | 109 | 4:50 | 384 | 4:50 | 8.00 | 45:29 | 5:41 | 100 | 19:57 | 345 | 19:57 | |
| Leichtathletikh | 2.00 | 10:45 | 5:22 | 103 | 4:16 | 361 | 4:42 | 10.00 | 56:14 | 5:37 | 107 | 24:13 | 388 | 24:39 | |