



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kolarzik, Jürgen

Number: 1672

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:55

Speed: 13.36 km/h

Running performance: 4:29 min/km

Rank in course/Total: 126 (of 637)

Rank in course/Men: 121 (of 493)

Best time in course: 31:35

Rank in category: 32(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	9:23	4:41	42	2:55	169	3:06	2.00	9:23	4:41	30	2:55	113	3:06
Runde Langstrec	2.00	8:54	4:27	34	2:12	132	2:31	4.00	18:17	4:34	32	5:07	119	5:37
Runde Langstrec	2.00	8:54	4:27	24	2:02	104	2:26	6.00	27:11	4:31	122	7:09	101	8:03
Runde Langstrec	2.00	9:04	4:31	25	2:18	113	2:40	8.00	36:15	4:31	120	9:27	426	10:43
Leichtathletikhal	2.00	8:40	4:19	19	1:53	100	2:37	10.00	44:55	4:29	32	11:20	121	13:20