



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Fischer, Steffen

Club: LSG80 Schmückeläufer

Number: 1516

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 49:27

Speed: 12.13 km/h

Running performance: 4:56 min/km

Rank in course/Total: 243 (of 637)

Rank in course/Men: 225 (of 493)

Best time in course: 31:35

Rank in category: 74(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	9:54	4:57	72	3:37	212	3:37	2.00	9:54	4:57	122	3:37	208	3:37
Runde Langstrec	2.00	9:46	4:53	75	3:23	226	3:23	4.00	19:40	4:55	122	7:00	433	7:00
Runde Langstrec	2.00	10:05	5:02	77	3:37	247	3:37	6.00	29:45	4:57	122	10:37	193	10:37
Runde Langstrec	2.00	10:07	5:03	74	3:43	244	3:43	8.00	39:52	4:59	121	14:20	187	14:20
Leichtathletikh	2.00	9:35	4:47	70	3:06	208	3:32	10.00	49:27	4:56	74	17:26	225	17:52