



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Engel, Tobias

Club: Erfurt

Number: 1163

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 57:29

Speed: 10.44 km/h

Running performance: 5:45 min/km

Rank in course/Total: 491 (of 637)

Rank in course/Men: 416 (of 493)

Best time in course: 31:35

Rank in category: 61(of 69)

Best time in the category: 31:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score		Total ranking								
				Pos Cat.	Behind Cat.	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men		
Runde Langstrec	2.00	11:04	5:31	53	4:47	327	4:47	2.00	11:04	5:31	31		383	4:47
Runde Langstrec	2.00	10:58	5:29	61	4:35	388	4:35	4.00	22:02	5:30	13		237	9:22
Runde Langstrec	2.00	11:39	5:49	63	5:11	429	5:11	6.00	33:41	5:36	31		343	14:33
Runde Langstrec	2.00	11:55	5:57	64	5:31	443	5:31	8.00	45:36	5:42	29		432	20:04
Leichtathletikh	2.00	11:53	5:56	65	5:50	441	5:50	10.00	57:29	5:44	61	25:54	416	25:54