



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Timm, Christoph

Club: TSV 62 Prenzlau

Number: 1586

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 56:32

Speed: 10.61 km/h

Running performance: 5:39 min/km

Rank in course/Total: 464 (of 637)

Rank in course/Men: 397 (of 493)

Best time in course: 31:35

Rank in category: 60(of 69)

Best time in the category: 31:35

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	12:46	6:23	67	6:29	470	6:29	2.00	12:46	6:23	30		264	6:29
Runde Langstrec	2.00	10:57	5:28	60	4:34	385	4:34	4.00	23:43	5:55	30	0:08	264	11:03
Runde Langstrec	2.00	10:51	5:25	58	4:23	354	4:23	6.00	34:34	5:45	30	0:21	263	15:26
Runde Langstrec	2.00	11:03	5:31	56	4:39	366	4:39	8.00	45:37	5:42	28		435	20:05
Leichtathletikhal	2.00	10:55	5:27	55	4:52	371	4:52	10.00	56:32	5:39	60	24:57	397	24:57