



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Zscharnt, Holger

Club: SWE

Number: 1371

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 57:56

Speed: 10.36 km/h

Running performance: 5:47 min/km

Rank in course/Total: 498 (of 637)

Rank in course/Men: 420 (of 493)

Best time in course: 31:35

Rank in category: 118(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.	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	12:04	6:01	117	5:36	425	5:47	2.00	12:04	6:01	124	5:36	310	5:47
Runde Langstrec	2.00	11:33	5:46	125	4:51	445	5:10	4.00	23:37	5:54	124	10:27	315	10:57
Runde Langstrec	2.00	11:37	5:48	121	4:45	427	5:09	6.00	35:14	5:52	124	15:12	441	16:06
Runde Langstrec	2.00	11:26	5:43	116	4:40	408	5:02	8.00	46:40	5:49	122	19:52	437	21:08
Leichtathletikh	2.00	11:16	5:38	118	4:29	413	5:13	10.00	57:56	5:47	118	24:21	420	26:21