



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. | Pos Men | Behind Men | Total | | Total | | Total | | Pos Cat. | Behind Cat. | Pos Men | Behind Men | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------|-------|--------|-----|--------|-----|-------------|----------------|------------|---------------|--------|
| | | | | | | | | km | Time | min/km | Pos | Behind | Pos | | | | | Behind |
| 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 | | | | |