



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bräske, Tino

Club: DATEV Leipzig

Number: 1063

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 52:26

Speed: 11.44 km/h

Running performance: 5:14 min/km

Rank in course/Total: 331 (of 637)

Rank in course/Men: 297 (of 493)

Best time in course: 31:35

Rank in category: 85(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	9:26	4:43	62	3:09	175	3:09	2.00	9:26	4:43	125	3:09	83	3:09
Runde Langstrec	2.00	10:38	5:18	97	4:15	344	4:15	4.00	20:04	5:00	125	7:24	8	7:24
Runde Langstrec	2.00	10:50	5:25	99	4:22	353	4:22	6.00	30:54	5:08	125	11:46	443	11:46
Runde Langstrec	2.00	10:49	5:24	94	4:25	337	4:25	8.00	41:43	5:12	124	16:11	439	16:11
Leichtathletikh	2.00	10:43	5:21	101	4:14	354	4:40	10.00	52:26	5:14	85	20:25	297	20:51