



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Held, Thoralf

Club: SSV ERFURT 02

Number: 1523

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 50:21

Speed: 11.92 km/h

Running performance: 5:02 min/km

Rank in course/Total: 268 (of 637)

Rank in course/Men: 246 (of 493)

Best time in course: 31:35

Rank in category: 71(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 | 10:44 | 5:21 | 82 | 4:16 | 298 | 4:27 | 2.00 | 10:44 | 5:21 | 128 | 4:16 | 452 | 4:27 | |
| Runde Langstrec | 2.00 | 9:53 | 4:56 | 71 | 3:11 | 250 | 3:30 | 4.00 | 20:37 | 5:09 | 128 | 7:27 | 452 | 7:57 | |
| Runde Langstrec | 2.00 | 9:59 | 4:59 | 71 | 3:07 | 237 | 3:31 | 6.00 | 30:36 | 5:06 | 53 | 10:34 | 166 | 11:28 | |
| Runde Langstrec | 2.00 | 10:00 | 5:00 | 67 | 3:14 | 231 | 3:36 | 8.00 | 40:36 | 5:04 | 125 | 13:48 | 446 | 15:04 | |
| Leichtathletikhal | 2.00 | 9:45 | 4:52 | 65 | 2:58 | 230 | 3:42 | 10.00 | 50:21 | 5:02 | 71 | 16:46 | 246 | 18:46 | |