



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Große, Dirk

Club: SG Athletico Büdelsdorf

Number: 1079

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:02

Speed: 13.32 km/h

Running performance: 4:30 min/km

Rank in course/Total: 129 (of 637)

Rank in course/Men: 125 (of 493)

Best time in course: 31:35

Rank in category: 33(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		Total		Total		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	8:27	4:13	16	1:59	75	2:10	2.00	8:27	4:13	129	1:59	455	2:10	
Runde Langstrec	2.00	9:01	4:30	41	2:19	143	2:38	4.00	17:28	4:21	129	4:18	455	4:48	
Runde Langstrec	2.00	9:16	4:38	45	2:24	158	2:48	6.00	26:44	4:27	129	6:42	454	7:36	
Runde Langstrec	2.00	9:14	4:36	34	2:28	134	2:50	8.00	35:58	4:29	126	9:10	99	10:26	
Leichtathletikhal	2.00	9:04	4:31	38	2:17	147	3:01	10.00	45:02	4:30	33	11:27	125	13:27	