



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rudolph, Marcel

Club: SV Erfurt

Number: 1335

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:47

Speed: 10.95 km/h

Running performance: 5:29 min/km

Rank in course/Total: 408 (of 637)

Rank in course/Men: 358 (of 493)

Best time in course: 31:35

Rank in category: 97(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	11:45	5:52	109	5:17	402	5:28	2.00	11:45	5:52	64	5:17	218	5:28
Runde Langstrec	2.00	10:44	5:21	96	4:02	357	4:21	4.00	22:29	5:37	83	9:19	298	9:49
Runde Langstrec	2.00	10:49	5:24	97	3:57	352	4:21	6.00	33:18	5:32	85	13:16	303	14:10
Runde Langstrec	2.00	10:48	5:24	96	4:02	334	4:24	8.00	44:06	5:30	127	17:18	393	18:34
Leichtathletikh	2.00	10:41	5:20	102	3:54	350	4:38	10.00	54:47	5:28	97	21:12	358	23:12