



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Möller, Michael

Club: Kühndorf

Number: 1563

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 48:41

Speed: 12.32 km/h

Running performance: 4:52 min/km

Rank in course/Total: 218 (of 637)

Rank in course/Men: 202 (of 493)

Best time in course: 31:35

Rank in category: 70(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		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	11:36	5:47	103	5:19	382	5:19	2.00	11:36	5:47	128	5:19	460	5:19
Runde Langstrec	2.00	9:32	4:46	67	3:09	198	3:09	4.00	21:08	5:16	128	8:28	460	8:28
Runde Langstrec	2.00	9:25	4:42	58	2:57	171	2:57	6.00	30:33	5:05	128	11:25	459	11:25
Runde Langstrec	2.00	9:16	4:38	52	2:52	139	2:52	8.00	39:49	4:58	127	14:17	454	14:17
Leichtathletikh	2.00	8:52	4:26	52	2:23	127	2:49	10.00	48:41	4:52	70	16:40	202	17:06