



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Beyer, Thomas

Club: Erfurt
Number: 1297

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M30 (30-39 Jahre)

Total time: 50:46

Speed: 11.82 km/h
Running performance: 5:05 min/km

Rank in course/Total: 282 (of 637)

Rank in course/Men: 256 (of 493)

Best time in course: 31:35

Rank in category: 80(of 133)

Best time in the category: 32:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Runde Langstrec	2.00	10:51	5:25	89	308	4:34	4:34	2.00	10:51	5:25	129	166	4:34	4:34
Runde Langstrec	2.00	9:57	4:58	79	257	3:34	3:34	4.00	20:48	5:12	75	249	8:08	8:08
Runde Langstrec	2.00	9:59	4:59	75	237	3:31	3:31	6.00	30:47	5:07	129	460	11:39	11:39
Runde Langstrec	2.00	10:04	5:01	73	240	3:40	3:40	8.00	40:51	5:06	128	194	15:19	15:19
Leichtathletikh	2.00	9:55	4:57	81	259	3:26	3:52	10.00	50:46	5:04	80	256	18:45	19:11