



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Zech, Roger

Club: LTZ Greußen

Number: 1687

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:14

Speed: 11.06 km/h

Running performance: 5:25 min/km

Rank in course/Total: 388 (of 637)

Rank in course/Men: 344 (of 493)

Best time in course: 31:35

Rank in category: 94(of 135)

Best time in the category: 33:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men			
Runde Langstrec	2.00	11:44	5:51	108	5:16	400	5:27	2.00	11:44	5:51	132	5:16	393	5:27			
Runde Langstrec	2.00	10:34	5:16	91	3:52	332	4:11	4.00	22:18	5:34	69	9:08	243	9:38			
Runde Langstrec	2.00	10:37	5:18	88	3:45	326	4:09	6.00	32:55	5:29	132	12:53	230	13:47			
Runde Langstrec	2.00	10:40	5:19	93	3:54	323	4:16	8.00	43:35	5:26	129	16:47	277	18:03			
Leichtathletikh	2.00	10:39	5:19	101	3:52	344	4:36	10.00	54:14	5:25	94	20:39	344	22:39			