



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kraft, Fabian

Club: 1. Karate - Verein Erfurt e.V.

Number: 1302

Course: 10.00 km

Vintage VDB Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 43:14

Speed: 13.88 km/h

Running performance: 4:19 min/km

Rank in course/Total: 80 (of 637)

Rank in course/Men: 78 (of 493)

Best time in course: 31:35

Rank in category: 7(of 21)

Best time in the category: 33:03

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	8:23	4:11	8	2:06	71	2:06	2.00	8:23	4:11	3		140	2:06
Runde Langstrec	2.00	8:37	4:18	7	2:07	79	2:14	4.00	17:00	4:15	3		140	4:20
Runde Langstrec	2.00	8:55	4:27	8	2:07	110	2:27	6.00	25:55	4:19	3		467	6:47
Runde Langstrec	2.00	8:45	4:22	7	1:58	74	2:21	8.00	34:40	4:19	3		462	9:08
Leichtathletikh	2.00	8:34	4:16	6	1:53	90	2:31	10.00	43:14	4:19	7	10:11	78	11:39