



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Janke, Kai

Club: TSSC Erfurt

Number: 1033

Course: 10.00 km

Vintage VDB Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 48:11

Speed: 12.45 km/h

Running performance: 4:49 min/km

Rank in course/Total: 203 (of 637)

Rank in course/Men: 188 (of 493)

Best time in course: 31:35

Rank in category: 10(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	9:01	4:30	10	2:44	124	2:44	2.00	9:01	4:30	2			102	2:44
Runde Langstrec	2.00	9:30	4:45	10	3:00	192	3:07	4.00	18:31	4:37	2			470	5:51
Runde Langstrec	2.00	9:49	4:54	11	3:01	219	3:21	6.00	28:20	4:43	2			183	9:12
Runde Langstrec	2.00	10:08	5:03	11	3:21	245	3:44	8.00	38:28	4:48	2			464	12:56
Leichtathletikh	2.00	9:43	4:51	12	3:02	223	3:40	10.00	48:11	4:49	10	15:08		188	16:36