



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Berwald, Martin

Club: Erfurt
Number: 1060

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M30 (30-39 Jahre)

Total time: 54:48

Speed: 10.95 km/h
Running performance: 5:29 min/km

Rank in course/Total: 411 (of 637)

Rank in course/Men: 359 (of 493)

Best time in course: 31:35

Rank in category: 100(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde Langstrec	2.00	10:37	5:18	81	4:20	282	4:20	2.00	10:37	5:18	57	4:20	145	4:20	
Runde Langstrec	2.00	10:50	5:25	104	4:27	370	4:27	4.00	21:27	5:21	130	8:47	471	8:47	
Runde Langstrec	2.00	11:04	5:31	106	4:36	381	4:36	6.00	32:31	5:25	130	13:23	470	13:23	
Runde Langstrec	2.00	11:05	5:32	105	4:41	371	4:41	8.00	43:36	5:27	129	18:04	465	18:04	
Leichtathletikh	2.00	11:12	5:35	115	4:43	403	5:09	10.00	54:48	5:28	100	22:47	359	23:13	