



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Köhn, Philipp

Club: Erfurt

Number: 1191

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 45:07

Speed: 13.30 km/h

Running performance: 4:31 min/km

Rank in course/Total: 132 (of 637)

Rank in course/Men: 128 (of 493)

Best time in course: 31:35

Rank in category: 24(of 69)

Best time in the category: 31:35

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	9:42	4:50	35	3:25	197	3:25	2.00	9:42	4:50	27			144	3:25
Runde Langstrec	2.00	9:07	4:33	31	2:44	153	2:44	4.00	18:49	4:42	27			472	6:09
Runde Langstrec	2.00	9:00	4:30	23	2:32	118	2:32	6.00	27:49	4:38	27			113	8:41
Runde Langstrec	2.00	8:56	4:28	21	2:32	99	2:32	8.00	36:45	4:35	25			466	11:13
Leichtathletikh	2.00	8:22	4:11	19	2:19	73	2:19	10.00	45:07	4:30	24	13:32		128	13:32