



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ludwig, Marcus

Number: 1693

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 52:15

Speed: 11.48 km/h

Running performance: 5:13 min/km

Rank in course/Total: 325 (of 637)

Rank in course/Men: 289 (of 493)

Best time in course: 31:35

Rank in category: 83(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	11:27	5:43	100	5:10	368	5:10	2.00	11:27	5:43	131	5:10	473	5:10
Runde Langstrec	2.00	10:32	5:15	91	4:09	330	4:09	4.00	21:59	5:29	131	9:19	473	9:19
Runde Langstrec	2.00	10:26	5:13	89	3:58	307	3:58	6.00	32:25	5:24	75	13:17	248	13:17
Runde Langstrec	2.00	10:17	5:08	80	3:53	266	3:53	8.00	42:42	5:20	130	17:10	411	17:10
Leichtathletikh	2.00	9:33	4:46	69	3:04	205	3:30	10.00	52:15	5:13	83	20:14	289	20:40