



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Heinrich, Andreas

Club: Elxleben a.G.

Number: 1133

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 58:22

Speed: 10.28 km/h

Running performance: 5:50 min/km

Rank in course/Total: 510 (of 637)

Rank in course/Men: 428 (of 493)

Best time in course: 31:35

Rank in category: 120(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	11:32	5:46	101	5:15	376	5:15	2.00	11:32	5:46	132	5:15	477	5:15	
Runde Langstrec	2.00	11:49	5:54	127	5:26	466	5:26	4.00	23:21	5:50	132	10:41	477	10:41	
Runde Langstrec	2.00	12:12	6:05	126	5:44	459	5:44	6.00	35:33	5:55	132	16:25	413	16:25	
Runde Langstrec	2.00	11:51	5:55	119	5:27	434	5:27	8.00	47:24	5:55	131	21:52	471	21:52	
Leichtathletikh	2.00	10:58	5:29	106	4:29	375	4:55	10.00	58:22	5:50	120	26:21	428	26:47	