



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Meißner, Maik

Club: Erfurt

Number: 1594

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 49:34

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 246 (of 637)

Rank in course/Men: 228 (of 493)

Best time in course: 31:35

Rank in category: 75(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	11:09	5:34	92	4:52	335	4:52	2.00	11:09	5:34	133	4:52	268	4:52	
Runde Langstrec	2.00	9:38	4:48	72	3:15	216	3:15	4.00	20:47	5:11	133	8:07	485	8:07	
Runde Langstrec	2.00	9:35	4:47	66	3:07	192	3:07	6.00	30:22	5:03	133	11:14	484	11:14	
Runde Langstrec	2.00	9:37	4:48	63	3:13	179	3:13	8.00	39:59	4:59	132	14:27	246	14:27	
Leichtathletikh	2.00	9:35	4:47	70	3:06	208	3:32	10.00	49:34	4:57	75	17:33	228	17:59	