



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |