



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Seiler, Christian

Club: Rennsteiglaufverein

Number: 1670

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 32:01

Speed: 18.74 km/h

Running performance: 3:12 min/km

Rank in course/Total: 3 (of 637)

Rank in course/Men: 3 (of 493)

Best time in course: 31:35

Rank in category: 1(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	6:17	3:08	1	-	1	-	2.00	6:17	3:08	1	-	1	-
Runde Langstrec	2.00	6:23	3:11	1	-	1	-	4.00	12:40	3:09	1	-	1	-
Runde Langstrec	2.00	6:28	3:14	1	-	1	-	6.00	19:08	3:11	1	-	1	-
Runde Langstrec	2.00	6:24	3:12	1	-	1	-	8.00	25:32	3:11	1	-	1	-
Leichtathletikh	2.00	6:29	3:14	1	-	3	0:26	10.00	32:01	3:12	1	-	3	0:26