



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ludewig, Heiko

Club: LTV Erfurt

Number: 1385

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 33:35

Speed: 17.87 km/h

Running performance: 3:22 min/km

Rank in course/Total: 5 (of 637)

Rank in course/Men: 5 (of 493)

Best time in course: 31:35

Rank in category: 1(of 135)

Best time in the category: 33:35

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	6:28	3:14	1	-	5	0:11	2.00	6:28	3:14	1	-	5	0:11
Runde Langstrec	2.00	6:42	3:21	1	-	5	0:19	4.00	13:10	3:17	1	-	5	0:30
Runde Langstrec	2.00	6:52	3:25	1	-	5	0:24	6.00	20:02	3:20	1	-	5	0:54
Runde Langstrec	2.00	6:46	3:23	1	-	4	0:22	8.00	26:48	3:21	1	-	5	1:16
Leichtathletikh	2.00	6:47	3:23	1	-	5	0:44	10.00	33:35	3:21	1	-	5	2:00