



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Heinz, Philipp

Club: SV 1885 Teutschenthal e.V.

Number: 1390

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 36:49

Speed: 16.30 km/h

Running performance: 3:41 min/km

Rank in course/Total: 16 (of 637)

Rank in course/Men: 16 (of 493)

Best time in course: 31:35

Rank in category: 10(of 69)

Best time in the category: 31:35

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 | 7:11 | 3:35 | 8 | 0:54 | 19 | 0:54 | 2.00 | 7:11 | 3:35 | 49 | | | 10 | 0:54 |
| Runde Langstrec | 2.00 | 7:20 | 3:39 | 9 | 0:57 | 17 | 0:57 | 4.00 | 14:31 | 3:37 | 47 | | | 10 | 1:51 |
| Runde Langstrec | 2.00 | 7:30 | 3:45 | 10 | 1:02 | 17 | 1:02 | 6.00 | 22:01 | 3:40 | 49 | | | 10 | 2:53 |
| Runde Langstrec | 2.00 | 7:29 | 3:44 | 9 | 1:05 | 16 | 1:05 | 8.00 | 29:30 | 3:41 | 48 | | | 9 | 3:58 |
| Leichtathletikh | 2.00 | 7:19 | 3:39 | 10 | 1:16 | 16 | 1:16 | 10.00 | 36:49 | 3:40 | 10 | 5:14 | | 16 | 5:14 |