



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Große, René

Club: Rennsteiglaufverein/LG Süd

Number: 1064

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 37:07

Speed: 16.17 km/h

Running performance: 3:43 min/km

Rank in course/Total: 18 (of 637)

Rank in course/Men: 18 (of 493)

Best time in course: 31:35

Rank in category: 3(of 133)

Best time in the category: 32:01

Intermediate times

Stage score

Total ranking

| Control | Intermediate times | | | | | Stage score | | | Total ranking | | | | | |
|-----------------|--------------------|------------|--------------|----------|-------------|-------------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
| | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Runde Langstrec | 2.00 | 7:12 | 3:36 | 7 | 0:55 | 21 | 0:55 | 2.00 | 7:12 | 3:36 | 3 | 0:55 | 13 | 0:55 |
| Runde Langstrec | 2.00 | 7:19 | 3:39 | 3 | 0:56 | 16 | 0:56 | 4.00 | 14:31 | 3:37 | 3 | 1:51 | 10 | 1:51 |
| Runde Langstrec | 2.00 | 7:29 | 3:44 | 3 | 1:01 | 14 | 1:01 | 6.00 | 22:00 | 3:39 | 3 | 2:52 | 13 | 2:52 |
| Runde Langstrec | 2.00 | 7:32 | 3:46 | 3 | 1:08 | 18 | 1:08 | 8.00 | 29:32 | 3:41 | 3 | 4:00 | 12 | 4:00 |
| Leichtathletikh | 2.00 | 7:35 | 3:47 | 3 | 1:06 | 19 | 1:32 | 10.00 | 37:07 | 3:42 | 3 | 5:06 | 18 | 5:32 |