



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Heinz, Philipp

Club: McDonald's Erfurt / LTV Erfurt

Number: 1356

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 36:29

Speed: 16.45 km/h

Running performance: 3:39 min/km

Rank in course/Total: 13 (of 637)

Rank in course/Men: 13 (of 493)

Best time in course: 31:35

Rank in category: 8(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	7:04	3:31	6	0:47	13	0:47	2.00	7:04	3:31	46		11	0:47
Runde Langstrec	2.00	7:15	3:37	6	0:52	10	0:52	4.00	14:19	3:34	46		14	1:39
Runde Langstrec	2.00	7:29	3:44	9	1:01	14	1:01	6.00	21:48	3:38	46		14	2:40
Runde Langstrec	2.00	7:26	3:43	8	1:02	14	1:02	8.00	29:14	3:39	45		13	3:42
Leichtathletikh	2.00	7:15	3:37	8	1:12	12	1:12	10.00	36:29	3:38	8	4:54	13	4:54