



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schmidt, Marco

Club: SWE

Number: 1372

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 38:57

Speed: 15.40 km/h

Running performance: 3:54 min/km

Rank in course/Total: 28 (of 637)

Rank in course/Men: 27 (of 493)

Best time in course: 31:35

Rank in category: 3(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	7:27	3:43	3	0:59	28	1:10	2.00	7:27	3:43	4	0:59	20	1:10
Runde Langstrec	2.00	7:48	3:53	3	1:06	30	1:25	4.00	15:15	3:48	4	2:05	20	2:35
Runde Langstrec	2.00	8:01	4:00	3	1:09	29	1:33	6.00	23:16	3:52	4	3:14	20	4:08
Runde Langstrec	2.00	7:57	3:58	3	1:11	27	1:33	8.00	31:13	3:54	3	4:25	19	5:41
Leichtathletikh	2.00	7:44	3:52	3	0:57	30	1:41	10.00	38:57	3:53	3	5:22	27	7:22