



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Malzahn, Kai

Club: KS Sportsworld

Number: 1555

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 38:32

Speed: 15.57 km/h

Running performance: 3:51 min/km

Rank in course/Total: 24 (of 637)

Rank in course/Men: 23 (of 493)

Best time in course: 31:35

Rank in category: 7(of 133)

Best time in the category: 32:01

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	7:23	3:41	8	1:06	26	1:06	2.00	7:23	3:41	4	1:06	21	1:06
Runde Langstrec	2.00	7:44	3:52	7	1:21	24	1:21	4.00	15:07	3:46	4	2:27	21	2:27
Runde Langstrec	2.00	7:44	3:52	6	1:16	22	1:16	6.00	22:51	3:48	4	3:43	21	3:43
Runde Langstrec	2.00	7:50	3:54	5	1:26	21	1:26	8.00	30:41	3:50	4	5:09	20	5:09
Leichtathletikhal	2.00	7:51	3:55	14	1:22	37	1:48	10.00	38:32	3:51	7	6:31	23	6:57