



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Ruprecht, Dirk

Club: LTV Erfurt

Number: 1571

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 38:57

Speed: 15.40 km/h

Running performance: 3:54 min/km

Rank in course/Total: 29 (of 637)

Rank in course/Men: 27 (of 493)

Best time in course: 31:35

Rank in category: 9(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			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	7:10	3:35	5	0:53	17	0:53	2.00	7:10	3:35	10	0:53	29	0:53
Runde Langstrec	2.00	7:45	3:52	8	1:22	25	1:22	4.00	14:55	3:43	10	2:15	29	2:15
Runde Langstrec	2.00	7:53	3:56	9	1:25	25	1:25	6.00	22:48	3:48	10	3:40	29	3:40
Runde Langstrec	2.00	8:02	4:00	10	1:38	30	1:38	8.00	30:50	3:51	10	5:18	28	5:18
Leichtathletikhal	2.00	8:07	4:03	24	1:38	50	2:04	10.00	38:57	3:53	9	6:56	27	7:22