



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Mlinarsky, Michael

Club: Langewiesen

Number: 1061

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 38:06

Speed: 15.75 km/h

Running performance: 3:49 min/km

Rank in course/Total: 22 (of 637)

Rank in course/Men: 22 (of 493)

Best time in course: 31:35

Rank in category: 6(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		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	7:11	3:35	6	0:54	19	0:54	2.00	7:11	3:35	11	0:54	10	0:54	
Runde Langstrec	2.00	7:34	3:46	6	1:11	22	1:11	4.00	14:45	3:41	11	2:05	32	2:05	
Runde Langstrec	2.00	7:46	3:53	7	1:18	23	1:18	6.00	22:31	3:45	11	3:23	19	3:23	
Runde Langstrec	2.00	8:02	4:00	10	1:38	30	1:38	8.00	30:33	3:49	11	5:01	31	5:01	
Leichtathletikhal	2.00	7:33	3:46	2	1:04	18	1:30	10.00	38:06	3:48	6	6:05	22	6:31	