



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Lützkemeier, Sven

Club: LTV Erfurt

Number: 1631

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 39:47

Speed: 15.08 km/h

Running performance: 3:59 min/km

Rank in course/Total: 36 (of 637)

Rank in course/Men: 35 (of 493)

Best time in course: 31:35

Rank in category: 5(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		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde Langstrec	2.00	7:45	3:52	5	1:17	36	1:28	2.00	7:45	3:52	6	1:17	34	1:28	
Runde Langstrec	2.00	7:53	3:56	4	1:11	35	1:30	4.00	15:38	3:54	6	2:28	34	2:58	
Runde Langstrec	2.00	8:06	4:02	5	1:14	34	1:38	6.00	23:44	3:57	6	3:42	34	4:36	
Runde Langstrec	2.00	8:09	4:04	5	1:23	38	1:45	8.00	31:53	3:59	5	5:05	33	6:21	
Leichtathletikh	2.00	7:54	3:57	5	1:07	39	1:51	10.00	39:47	3:58	5	6:12	35	8:12	