



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Plaschke, Peter

Number: 1694

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 40:22

Speed: 14.86 km/h

Running performance: 4:02 min/km

Rank in course/Total: 43 (of 637)

Rank in course/Men: 42 (of 493)

Best time in course: 31:35

Rank in category: 18(of 133)

Best time in the category: 32:01

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	7:29	3:44	9	1:12	29	1:12	2.00	7:29	3:44	15	1:12	39	1:12
Runde Langstrec	2.00	8:07	4:03	20	1:44	47	1:44	4.00	15:36	3:53	15	2:56	39	2:56
Runde Langstrec	2.00	8:19	4:09	22	1:51	49	1:51	6.00	23:55	3:59	15	4:47	39	4:47
Runde Langstrec	2.00	8:14	4:06	20	1:50	46	1:50	8.00	32:09	4:01	12	6:37	32	6:37
Leichtathletikh	2.00	8:13	4:06	28	1:44	58	2:10	10.00	40:22	4:02	18	8:21	42	8:47