



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kopprasch, Jens

Club: SRLV

Number: 1483

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 41:46

Speed: 14.37 km/h

Running performance: 4:11 min/km

Rank in course/Total: 56 (of 637)

Rank in course/Men: 55 (of 493)

Best time in course: 31:35

Rank in category: 24(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	8:01	4:00	18	1:44	46	1:44	2.00	8:01	4:00	17	1:44	41	1:44
Runde Langstrec	2.00	8:08	4:03	22	1:45	50	1:45	4.00	16:09	4:02	17	3:29	41	3:29
Runde Langstrec	2.00	8:30	4:15	29	2:02	63	2:02	6.00	24:39	4:06	17	5:31	41	5:31
Runde Langstrec	2.00	8:39	4:19	31	2:15	65	2:15	8.00	33:18	4:09	17	7:46	40	7:46
Leichtathletikh	2.00	8:28	4:14	39	1:59	77	2:25	10.00	41:46	4:10	24	9:45	55	10:11