



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |