



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Neeb, Fiete

Number: 1659

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 39:40

Speed: 15.13 km/h

Running performance: 3:58 min/km

Rank in course/Total: 34 (of 637)

Rank in course/Men: 32 (of 493)

Best time in course: 31:35

Rank in category: 13(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	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde Langstrec	2.00	8:00	4:00	16	1:43	44	1:43	2.00	8:00	4:00	13	1:43	35	1:43	
Runde Langstrec	2.00	7:47	3:53	11	1:24	28	1:24	4.00	15:47	3:56	12	3:07	33	3:07	
Runde Langstrec	2.00	7:58	3:59	12	1:30	28	1:30	6.00	23:45	3:57	18	4:37	42	4:37	
Runde Langstrec	2.00	8:07	4:03	13	1:43	34	1:43	8.00	31:52	3:59	18	6:20	41	6:20	
Leichtathletikhal	2.00	7:48	3:53	11	1:19	33	1:45	10.00	39:40	3:57	13	7:39	32	8:05	