



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Lelitko, Nils

Club: SVB-Hüfingen

Number: 1484

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 41:20

Speed: 14.52 km/h

Running performance: 4:08 min/km

Rank in course/Total: 54 (of 637)

Rank in course/Men: 53 (of 493)

Best time in course: 31:35

Rank in category: 23(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	8:07	4:03	23	1:50	53	1:50	2.00	8:07	4:03	20	1:50	44	1:50
Runde Langstrec	2.00	8:10	4:04	23	1:47	53	1:47	4.00	16:17	4:04	20	3:37	44	3:37
Runde Langstrec	2.00	8:24	4:12	26	1:56	55	1:56	6.00	24:41	4:06	20	5:33	44	5:33
Runde Langstrec	2.00	8:34	4:16	27	2:10	60	2:10	8.00	33:15	4:09	20	7:43	43	7:43
Leichtathletikhal	2.00	8:05	4:02	22	1:36	48	2:02	10.00	41:20	4:08	23	9:19	53	9:45