



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Voigt, Dominik

Club: Erfurt
Number: 1074

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M40 (40-49 Jahre)

Total time: 41:55

Speed: 14.31 km/h
Running performance: 4:11 min/km

Rank in course/Total: 60 (of 637)

Rank in course/Men: 59 (of 493)

Best time in course: 31:35

Rank in category: 9(of 135)

Best time in the category: 33:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind		
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men				
Runde Langstrec	2.00	8:17	4:08	13	68	1:49	2:00	2.00	8:17	4:08	7	45	1:49	2:00	7	45	3:58	
Runde Langstrec	2.00	8:21	4:10	9	60	1:39	1:58	4.00	16:38	4:09	7	45	3:28	45	5:57	7	45	5:57
Runde Langstrec	2.00	8:27	4:13	9	57	1:35	1:59	6.00	25:05	4:10	7	45	5:03	44	8:04	6	44	8:04
Runde Langstrec	2.00	8:31	4:15	10	57	1:45	2:07	8.00	33:36	4:12	6	44	6:48	44	8:04	6	44	8:04
Leichtathletikh	2.00	8:19	4:09	11	67	1:32	2:16	10.00	41:55	4:11	9	59	8:20	59	10:20	9	59	10:20