



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schumann, Nils

Club: Prana GmbH

Number: 1000

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 41:19

Speed: 14.52 km/h

Running performance: 4:08 min/km

Rank in course/Total: 53 (of 637)

Rank in course/Men: 52 (of 493)

Best time in course: 31:35

Rank in category: 22(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	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde Langstrec	2.00	8:05	4:02	21	1:48	50	1:48	2.00	8:05	4:02	21	1:48	46	1:48	
Runde Langstrec	2.00	7:56	3:58	18	1:33	40	1:33	4.00	16:01	4:00	21	3:21	46	3:21	
Runde Langstrec	2.00	8:20	4:10	23	1:52	50	1:52	6.00	24:21	4:03	21	5:13	46	5:13	
Runde Langstrec	2.00	8:37	4:18	29	2:13	62	2:13	8.00	32:58	4:07	21	7:26	45	7:26	
Leichtathletikh	2.00	8:21	4:10	35	1:52	70	2:18	10.00	41:19	4:07	22	9:18	52	9:44	