



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Melson, Christian

Club: Leipzig

Number: 1426

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 39:50

Speed: 15.06 km/h

Running performance: 3:59 min/km

Rank in course/Total: 38 (of 637)

Rank in course/Men: 37 (of 493)

Best time in course: 31:35

Rank in category: 15(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	7:29	3:44	9	1:12	29	1:12	2.00	7:29	3:44	15	1:12	39	1:12
Runde Langstrec	2.00	7:54	3:57	17	1:31	38	1:31	4.00	15:23	3:50	22	2:43	47	2:43
Runde Langstrec	2.00	8:11	4:05	16	1:43	39	1:43	6.00	23:34	3:55	22	4:26	47	4:26
Runde Langstrec	2.00	8:14	4:06	20	1:50	46	1:50	8.00	31:48	3:58	22	6:16	46	6:16
Leichtathletikh	2.00	8:02	4:00	19	1:33	45	1:59	10.00	39:50	3:59	15	7:49	37	8:15