



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Herz, Mario

Number: 1721

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 41:53

Speed: 14.33 km/h

Running performance: 4:11 min/km

Rank in course/Total: 59 (of 637)

Rank in course/Men: 58 (of 493)

Best time in course: 31:35

Rank in category: 26(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	8:33	4:16	32	2:16	80	2:16	2.00	8:33	4:16	23	2:16	48	2:16	
Runde Langstrec	2.00	8:37	4:18	33	2:14	79	2:14	4.00	17:10	4:17	23	4:30	48	4:30	
Runde Langstrec	2.00	8:28	4:14	27	2:00	60	2:00	6.00	25:38	4:16	23	6:30	48	6:30	
Runde Langstrec	2.00	8:25	4:12	22	2:01	49	2:01	8.00	34:03	4:15	23	8:31	47	8:31	
Leichtathletikh	2.00	7:50	3:54	13	1:21	36	1:47	10.00	41:53	4:11	26	9:52	58	10:18	