



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ludewig, Xaver

Club: Darmstadt

Number: 1337

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 41:16

Speed: 14.54 km/h

Running performance: 4:08 min/km

Rank in course/Total: 52 (of 637)

Rank in course/Men: 51 (of 493)

Best time in course: 31:35

Rank in category: 16(of 69)

Best time in the category: 31:35

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	9:13	4:36	28	2:56	148	2:56	2.00	9:13	4:36	41		50	2:56
Runde Langstrec	2.00	8:07	4:03	15	1:44	47	1:44	4.00	17:20	4:19	41		50	4:40
Runde Langstrec	2.00	8:06	4:02	13	1:38	34	1:38	6.00	25:26	4:14	41		50	6:18
Runde Langstrec	2.00	8:09	4:04	15	1:45	38	1:45	8.00	33:35	4:11	40		49	8:03
Leichtathletikh	2.00	7:41	3:50	15	1:38	25	1:38	10.00	41:16	4:07	16	9:41	51	9:41