



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Knoll, Martin

Club: LG Bad Frankenhausen / Göllingen
Number: 1288

Course: 10.00 km
Vintage VDB Lauf

Category:
Männer (20-29 Jahre)

Total time: 40:58

Speed: 14.65 km/h
Running performance: 4:06 min/km

Rank in course/Total: 50 (of 637)

Rank in course/Men: 49 (of 493)

Best time in course: 31:35

Rank in category: 15(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	7:19	3:39	11	1:02	24	1:02	2.00	7:19	3:39	40		52	1:02
Runde Langstrec	2.00	7:54	3:57	13	1:31	38	1:31	4.00	15:13	3:48	40		52	2:33
Runde Langstrec	2.00	8:27	4:13	17	1:59	57	1:59	6.00	23:40	3:56	40		52	4:32
Runde Langstrec	2.00	8:44	4:21	18	2:20	72	2:20	8.00	32:24	4:02	39		51	6:52
Leichtathletikh	2.00	8:34	4:16	23	2:31	90	2:31	10.00	40:58	4:05	15	9:23	49	9:23