



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Freitag, Roman

Club: Katholische Laufjugend

Number: 1187

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 40:13

Speed: 14.92 km/h

Running performance: 4:01 min/km

Rank in course/Total: 41 (of 637)

Rank in course/Men: 40 (of 493)

Best time in course: 31:35

Rank in category: 14(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 | 8:10 | 4:04 | 16 | 1:53 | 60 | 1:53 | 2.00 | 8:10 | 4:04 | 39 | | 56 | 1:53 |
| Runde Langstrec | 2.00 | 8:08 | 4:03 | 16 | 1:45 | 50 | 1:45 | 4.00 | 16:18 | 4:04 | 39 | | 56 | 3:38 |
| Runde Langstrec | 2.00 | 8:10 | 4:04 | 14 | 1:42 | 38 | 1:42 | 6.00 | 24:28 | 4:04 | 39 | | 54 | 5:20 |
| Runde Langstrec | 2.00 | 8:07 | 4:03 | 14 | 1:43 | 34 | 1:43 | 8.00 | 32:35 | 4:04 | 38 | | 55 | 7:03 |
| Leichtathletikhal | 2.00 | 7:38 | 3:49 | 13 | 1:35 | 21 | 1:35 | 10.00 | 40:13 | 4:01 | 14 | 8:38 | 40 | 8:38 |