



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Zwirnmann, Hans

Club: SV Nordhausen 90 Triathlon

Number: 1237

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 39:49

Speed: 15.07 km/h

Running performance: 3:59 min/km

Rank in course/Total: 37 (of 637)

Rank in course/Men: 36 (of 493)

Best time in course: 31:35

Rank in category: 13(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	7:47	3:53	14	1:30	38	1:30	2.00	7:47	3:53	38		57	1:30
Runde Langstrec	2.00	8:03	4:01	14	1:40	45	1:40	4.00	15:50	3:57	38		57	3:10
Runde Langstrec	2.00	8:13	4:06	15	1:45	41	1:45	6.00	24:03	4:00	38		36	4:55
Runde Langstrec	2.00	8:06	4:02	13	1:42	33	1:42	8.00	32:09	4:01	37		32	6:37
Leichtathletikh	2.00	7:40	3:50	14	1:37	22	1:37	10.00	39:49	3:58	13	8:14	36	8:14