



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wilhelm, Max-Frederik

Club: ASV Erfurt

Number: 1451

Course: 10.00 km

Vintage VDB Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 40:51

Speed: 14.69 km/h

Running performance: 4:05 min/km

Rank in course/Total: 48 (of 637)

Rank in course/Men: 47 (of 493)

Best time in course: 31:35

Rank in category: 6(of 21)

Best time in the category: 33:03

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	7:38	3:49	6	1:21	35	1:21	2.00	7:38	3:49	17		60	1:21
Runde Langstrec	2.00	7:58	3:59	6	1:28	41	1:35	4.00	15:36	3:53	17		39	2:56
Runde Langstrec	2.00	8:26	4:13	6	1:38	56	1:58	6.00	24:02	4:00	17		60	4:54
Runde Langstrec	2.00	8:38	4:18	6	1:51	63	2:14	8.00	32:40	4:04	17		59	7:08
Leichtathletikhal	2.00	8:11	4:05	5	1:30	54	2:08	10.00	40:51	4:05	6	7:48	47	9:16