



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Börsch, Christian

Club: Erfurt

Number: 1429

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 40:36

Speed: 14.78 km/h

Running performance: 4:04 min/km

Rank in course/Total: 46 (of 637)

Rank in course/Men: 45 (of 493)

Best time in course: 31:35

Rank in category: 20(of 133)

Best time in the category: 32:01

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	8:05	4:02	21	1:48	50	1:48	2.00	8:05	4:02	21	1:48	46	1:48
Runde Langstrec	2.00	8:07	4:03	20	1:44	47	1:44	4.00	16:12	4:02	26	3:32	61	3:32
Runde Langstrec	2.00	8:13	4:06	18	1:45	41	1:45	6.00	24:25	4:04	26	5:17	61	5:17
Runde Langstrec	2.00	8:13	4:06	17	1:49	43	1:49	8.00	32:38	4:04	26	7:06	60	7:06
Leichtathletikh	2.00	7:58	3:59	17	1:29	42	1:55	10.00	40:36	4:03	20	8:35	45	9:01