



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Diezel, Uwe

Club: SWE

Number: 1365

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:46

Speed: 13.71 km/h

Running performance: 4:23 min/km

Rank in course/Total: 94 (of 637)

Rank in course/Men: 91 (of 493)

Best time in course: 31:35

Rank in category: 17(of 135)

Best time in the category: 33:35

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	8:16	4:08	12	1:48	67	1:59	2.00	8:16	4:08	12	1:48	65	1:59
Runde Langstrec	2.00	8:46	4:23	25	2:04	110	2:23	4.00	17:02	4:15	12	3:52	65	4:22
Runde Langstrec	2.00	8:55	4:27	26	2:03	110	2:27	6.00	25:57	4:19	12	5:55	65	6:49
Runde Langstrec	2.00	9:09	4:34	31	2:23	125	2:45	8.00	35:06	4:23	11	8:18	64	9:34
Leichtathletikh	2.00	8:40	4:19	19	1:53	100	2:37	10.00	43:46	4:22	17	10:11	91	12:11