



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Knoll, Markus

Club: KS Sportsworld

Number: 1625

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:47

Speed: 13.70 km/h

Running performance: 4:23 min/km

Rank in course/Total: 96 (of 637)

Rank in course/Men: 93 (of 493)

Best time in course: 31:35

Rank in category: 18(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	8:44	4:21	22	2:16	95	2:27	2.00	8:44	4:21	15	2:16	75	2:27
Runde Langstrec	2.00	8:45	4:22	23	2:03	106	2:22	4.00	17:29	4:22	15	4:19	75	4:49
Runde Langstrec	2.00	8:55	4:27	26	2:03	110	2:27	6.00	26:24	4:23	15	6:22	68	7:16
Runde Langstrec	2.00	8:51	4:25	17	2:05	89	2:27	8.00	35:15	4:24	14	8:27	62	9:43
Leichtathletikh	2.00	8:32	4:15	15	1:45	86	2:29	10.00	43:47	4:22	18	10:12	93	12:12