



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ende, Christian

Club: LG Bad Frankenhausen / Göllingen
Number: 1216

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M30 (30-39 Jahre)

Total time: 42:16

Speed: 14.20 km/h
Running performance: 4:14 min/km

Rank in course/Total: 65 (of 637)

Rank in course/Men: 63 (of 493)

Best time in course: 31:35

Rank in category: 29(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		Total		Total		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	8:07	4:03	23	1:50	53	1:50	2.00	8:07	4:03	20	1:50	44	1:50	
Runde Langstrec	2.00	8:47	4:23	47	2:24	114	2:24	4.00	16:54	4:13	32	4:14	76	4:14	
Runde Langstrec	2.00	8:23	4:11	24	1:55	53	1:55	6.00	25:17	4:12	32	6:09	70	6:09	
Runde Langstrec	2.00	8:30	4:15	26	2:06	56	2:06	8.00	33:47	4:13	32	8:15	75	8:15	
Leichtathletikhal	2.00	8:29	4:14	40	2:00	80	2:26	10.00	42:16	4:13	29	10:15	63	10:41	