



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Barth, Karsten

Club: LTV Erfurt

Number: 1724

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 42:52

Speed: 14.00 km/h

Running performance: 4:17 min/km

Rank in course/Total: 70 (of 637)

Rank in course/Men: 68 (of 493)

Best time in course: 31:35

Rank in category: 32(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	8:08	4:03	25	1:51	56	1:51	2.00	8:08	4:03	33	1:51	51	1:51
Runde Langstrec	2.00	8:42	4:20	40	2:19	91	2:19	4.00	16:50	4:12	33	4:10	79	4:10
Runde Langstrec	2.00	8:49	4:24	37	2:21	89	2:21	6.00	25:39	4:16	29	6:31	69	6:31
Runde Langstrec	2.00	8:47	4:23	35	2:23	76	2:23	8.00	34:26	4:18	33	8:54	78	8:54
Leichtathletikh	2.00	8:26	4:13	38	1:57	76	2:23	10.00	42:52	4:17	32	10:51	68	11:17