



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Straßenmeyer, David

Club: Erfurt

Number: 1167

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 43:33

Speed: 13.78 km/h

Running performance: 4:22 min/km

Rank in course/Total: 91 (of 637)

Rank in course/Men: 88 (of 493)

Best time in course: 31:35

Rank in category: 39(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 ranking | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Runde Langstrec | 2.00 | 9:18 | 4:39 | 54 | 3:01 | 159 | 3:01 | 2.00 | 9:18 | 4:39 | 34 | 3:01 | 80 | 3:01 |
| Runde Langstrec | 2.00 | 8:38 | 4:18 | 34 | 2:15 | 83 | 2:15 | 4.00 | 17:56 | 4:29 | 34 | 5:16 | 80 | 5:16 |
| Runde Langstrec | 2.00 | 8:36 | 4:17 | 31 | 2:08 | 69 | 2:08 | 6.00 | 26:32 | 4:25 | 34 | 7:24 | 80 | 7:24 |
| Runde Langstrec | 2.00 | 8:38 | 4:18 | 30 | 2:14 | 63 | 2:14 | 8.00 | 35:10 | 4:23 | 34 | 9:38 | 79 | 9:38 |
| Leichtathletikh | 2.00 | 8:23 | 4:11 | 36 | 1:54 | 74 | 2:20 | 10.00 | 43:33 | 4:21 | 39 | 11:32 | 88 | 11:58 |