



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