



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Lindenlaub, Ralf

Club: Die flinken Gerataler

Number: 1681

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:28

Speed: 13.80 km/h

Running performance: 4:21 min/km

Rank in course/Total: 87 (of 637)

Rank in course/Men: 83 (of 493)

Best time in course: 31:35

Rank in category: 14(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	9:26	4:43	45	2:58	175	3:09	2.00	9:26	4:43	16	2:58	83	3:09
Runde Langstrec	2.00	8:28	4:14	12	1:46	66	2:05	4.00	17:54	4:28	16	4:44	83	5:14
Runde Langstrec	2.00	8:34	4:16	10	1:42	67	2:06	6.00	26:28	4:24	16	6:26	83	7:20
Runde Langstrec	2.00	8:39	4:19	11	1:53	65	2:15	8.00	35:07	4:23	15	8:19	82	9:35
Leichtathletikh	2.00	8:21	4:10	12	1:34	70	2:18	10.00	43:28	4:20	14	9:53	83	11:53