



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Klöppner, Norman

Number: 1439

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 43:06

Speed: 13.92 km/h

Running performance: 4:19 min/km

Rank in course/Total: 75 (of 637)

Rank in course/Men: 73 (of 493)

Best time in course: 31:35

Rank in category: 34(of 133)

Best time in the category: 32:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde Langstrec	2.00	9:32	4:46	65	3:15	185	3:15	2.00	9:32	4:46	37	3:15	87	3:15
Runde Langstrec	2.00	8:28	4:14	28	2:05	66	2:05	4.00	18:00	4:30	37	5:20	87	5:20
Runde Langstrec	2.00	8:23	4:11	24	1:55	53	1:55	6.00	26:23	4:23	27	7:15	63	7:15
Runde Langstrec	2.00	8:29	4:14	25	2:05	55	2:05	8.00	34:52	4:21	37	9:20	86	9:20
Leichtathletikh	2.00	8:14	4:06	29	1:45	60	2:11	10.00	43:06	4:18	34	11:05	73	11:31