



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Jarausch, Hagen

Club: ASV Erfurt

Number: 1190

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 42:52

Speed: 14.00 km/h

Running performance: 4:17 min/km

Rank in course/Total: 71 (of 637)

Rank in course/Men: 68 (of 493)

Best time in course: 31:35

Rank in category: 10(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	8:10	4:04	10	1:42	60	1:53	2.00	8:10	4:04	18	1:42	56	1:53
Runde Langstrec	2.00	8:26	4:13	10	1:44	63	2:03	4.00	16:36	4:09	18	3:26	88	3:56
Runde Langstrec	2.00	8:40	4:19	14	1:48	77	2:12	6.00	25:16	4:12	18	5:14	88	6:08
Runde Langstrec	2.00	8:48	4:24	14	2:02	79	2:24	8.00	34:04	4:15	17	7:16	87	8:32
Leichtathletikhal	2.00	8:48	4:24	25	2:01	116	2:45	10.00	42:52	4:17	10	9:17	68	11:17