



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Sparbrod, Jörg

Club: Erfurt
Number: 1437

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M40 (40-49 Jahre)

Total time: 43:08

Speed: 13.91 km/h
Running performance: 4:19 min/km

Rank in course/Total: 77 (of 637)

Rank in course/Men: 75 (of 493)

Best time in course: 31:35

Rank in category: 12(of 135)

Best time in the category: 33:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Runde Langstrec	2.00	8:44	4:21	22	95	2:16	2:27	2.00	8:44	4:21	15	75	2:16	2:27
Runde Langstrec	2.00	8:37	4:18	17	79	1:55	2:14	4.00	17:21	4:20	19	89	4:11	4:41
Runde Langstrec	2.00	8:41	4:20	16	80	1:49	2:13	6.00	26:02	4:20	11	64	6:00	6:54
Runde Langstrec	2.00	8:49	4:24	15	81	2:03	2:25	8.00	34:51	4:21	18	88	8:03	9:19
Leichtathletikh	2.00	8:17	4:08	9	64	1:30	2:14	10.00	43:08	4:18	12	75	9:33	11:33