



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Dembeck, Nils**

Club: Sportgruppe FA/UA-Btl 1

Number: 1049

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:43

Speed: 13.42 km/h

Running performance: 4:28 min/km

Rank in course/Total: 117 (of 637)

Rank in course/Men: 113 (of 493)

Best time in course: 31:35

Rank in category: 47(of 133)

Best time in the category: 32:01

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde Langstrec | 2.00        | 10:25         | 5:12            | 76          | 4:08           | 262         | 4:08          | 2.00          | 10:25         | 5:12            | 38          | 4:08           | 91         | 4:08          |
| Runde Langstrec | 2.00        | 8:41          | 4:20            | 39          | 2:18           | 89          | 2:18          | 4.00          | 19:06         | 4:46            | 38          | 6:26           | 91         | 6:26          |
| Runde Langstrec | 2.00        | 8:38          | 4:18            | 32          | 2:10           | 72          | 2:10          | 6.00          | 27:44         | 4:37            | 38          | 8:36           | 91         | 8:36          |
| Runde Langstrec | 2.00        | 8:42          | 4:20            | 32          | 2:18           | 69          | 2:18          | 8.00          | 36:26         | 4:33            | 38          | 10:54          | 90         | 10:54         |
| Leichtathletikh | 2.00        | 8:17          | 4:08            | 32          | 1:48           | 64          | 2:14          | 10.00         | 44:43         | 4:28            | 47          | 12:42          | 113        | 13:08         |