



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Claus, Andreas

Club: Igb Konzert AG

Number: 1678

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:12

Speed: 13.27 km/h

Running performance: 4:31 min/km

Rank in course/Total: 135 (of 637)

Rank in course/Men: 130 (of 493)

Best time in course: 31:35

Rank in category: 34(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	9:05	4:32	35	2:37	132	2:48	2.00	9:05	4:32	22	2:37	93	2:48
Runde Langstrec	2.00	8:58	4:29	39	2:16	140	2:35	4.00	18:03	4:30	22	4:53	93	5:23
Runde Langstrec	2.00	9:09	4:34	34	2:17	137	2:41	6.00	27:12	4:31	22	7:10	93	8:04
Runde Langstrec	2.00	9:05	4:32	27	2:19	115	2:41	8.00	36:17	4:32	21	9:29	92	10:45
Leichtathletikhal	2.00	8:55	4:27	32	2:08	132	2:52	10.00	45:12	4:31	34	11:37	130	13:37