



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Röthig, André

Club: SV Sömmerda

Number: 1479

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:44

Speed: 13.41 km/h

Running performance: 4:28 min/km

Rank in course/Total: 120 (of 637)

Rank in course/Men: 116 (of 493)

Best time in course: 31:35

Rank in category: 48(of 133)

Best time in the category: 32:01

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	8:48	4:24	39	2:31	102	2:31	2.00	8:48	4:24	39	2:31	94	2:31
Runde Langstrec	2.00	8:35	4:17	31	2:12	76	2:12	4.00	17:23	4:20	39	4:43	94	4:43
Runde Langstrec	2.00	8:50	4:25	42	2:22	95	2:22	6.00	26:13	4:22	39	7:05	94	7:05
Runde Langstrec	2.00	9:18	4:39	55	2:54	149	2:54	8.00	35:31	4:26	39	9:59	93	9:59
Leichtathletikh	2.00	9:13	4:36	60	2:44	163	3:10	10.00	44:44	4:28	48	12:43	116	13:09