



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Peter, Uwe

Club: privat
Number: 1348

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M40 (40-49 Jahre)

Total time: 45:17

Speed: 13.25 km/h
Running performance: 4:32 min/km

Rank in course/Total: 139 (of 637)

Rank in course/Men: 134 (of 493)

Best time in course: 31:35

Rank in category: 36(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	9:27	4:43	48	2:59	180	3:10	2.00	9:27	4:43	23	2:59	95	3:10
Runde Langstrec	2.00	9:00	4:30	40	2:18	141	2:37	4.00	18:27	4:36	23	5:17	95	5:47
Runde Langstrec	2.00	9:15	4:37	44	2:23	156	2:47	6.00	27:42	4:36	23	7:40	95	8:34
Runde Langstrec	2.00	9:06	4:32	29	2:20	117	2:42	8.00	36:48	4:35	22	10:00	94	11:16
Leichtathletikh	2.00	8:29	4:14	14	1:42	80	2:26	10.00	45:17	4:31	36	11:42	134	13:42