



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Höpping, Stefan

Club: Indoorbau Arnstadt

Number: 1142

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:12

Speed: 13.27 km/h

Running performance: 4:31 min/km

Rank in course/Total: 136 (of 637)

Rank in course/Men: 130 (of 493)

Best time in course: 31:35

Rank in category: 52(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	9:13	4:36	49	2:56	148	2:56	2.00	9:13	4:36	40	2:56	50	2:56
Runde Langstrec	2.00	9:32	4:46	67	3:09	198	3:09	4.00	18:45	4:41	40	6:05	96	6:05
Runde Langstrec	2.00	9:06	4:32	51	2:38	128	2:38	6.00	27:51	4:38	40	8:43	96	8:43
Runde Langstrec	2.00	9:02	4:30	48	2:38	112	2:38	8.00	36:53	4:36	40	11:21	95	11:21
Leichtathletikhal	2.00	8:19	4:09	33	1:50	67	2:16	10.00	45:12	4:31	52	13:11	130	13:37