



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Krannich, Steffen

Club: Altenfeld

Number: 1603

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:54

Speed: 13.36 km/h

Running performance: 4:29 min/km

Rank in course/Total: 124 (of 637)

Rank in course/Men: 120 (of 493)

Best time in course: 31:35

Rank in category: 31(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 | 8:48 | 4:24 | 27 | 2:20 | 102 | 2:31 | 2.00 | 8:48 | 4:24 | 25 | 2:20 | 94 | 2:31 |
| Runde Langstrec | 2.00 | 8:49 | 4:24 | 28 | 2:07 | 119 | 2:26 | 4.00 | 17:37 | 4:24 | 25 | 4:27 | 104 | 4:57 |
| Runde Langstrec | 2.00 | 8:56 | 4:28 | 28 | 2:04 | 114 | 2:28 | 6.00 | 26:33 | 4:25 | 25 | 6:31 | 104 | 7:25 |
| Runde Langstrec | 2.00 | 9:13 | 4:36 | 32 | 2:27 | 130 | 2:49 | 8.00 | 35:46 | 4:28 | 24 | 8:58 | 103 | 10:14 |
| Leichtathletikh | 2.00 | 9:08 | 4:33 | 43 | 2:21 | 154 | 3:05 | 10.00 | 44:54 | 4:29 | 31 | 11:19 | 120 | 13:19 |