



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stützer, Frank

Club: die LENGENFELDer

Number: 1087

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:06

Speed: 13.61 km/h

Running performance: 4:25 min/km

Rank in course/Total: 106 (of 637)

Rank in course/Men: 102 (of 493)

Best time in course: 31:35

Rank in category: 22(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	8:35	4:17	19	2:07	83	2:18	2.00	8:35	4:17	26	2:07	107	2:18
Runde Langstrec	2.00	8:41	4:20	19	1:59	89	2:18	4.00	17:16	4:18	26	4:06	107	4:36
Runde Langstrec	2.00	9:03	4:31	31	2:11	124	2:35	6.00	26:19	4:23	26	6:17	107	7:11
Runde Langstrec	2.00	8:59	4:29	22	2:13	106	2:35	8.00	35:18	4:24	25	8:30	106	9:46
Leichtathletikhal	2.00	8:48	4:24	25	2:01	116	2:45	10.00	44:06	4:24	22	10:31	102	12:31