



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Richardt, Torsten

Club: TSV Alperstedt e.V.

Number: 1442

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:20

Speed: 13.24 km/h

Running performance: 4:32 min/km

Rank in course/Total: 141 (of 637)

Rank in course/Men: 136 (of 493)

Best time in course: 31:35

Rank in category: 38(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	9:55	4:57	57	3:27	214	3:38	2.00	9:55	4:57	2	3:27	8	3:38
Runde Langstrec	2.00	8:46	4:23	25	2:04	110	2:23	4.00	18:41	4:40	27	5:31	108	6:01
Runde Langstrec	2.00	8:51	4:25	23	1:59	102	2:23	6.00	27:32	4:35	27	7:30	108	8:24
Runde Langstrec	2.00	9:05	4:32	27	2:19	115	2:41	8.00	36:37	4:34	26	9:49	107	11:05
Leichtathletikhal	2.00	8:43	4:21	21	1:56	105	2:40	10.00	45:20	4:31	38	11:45	136	13:45