



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kubbe, Thomas Günther

Club: SEV Gera

Number: 1543

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:01

Speed: 13.04 km/h

Running performance: 4:36 min/km

Rank in course/Total: 157 (of 637)

Rank in course/Men: 151 (of 493)

Best time in course: 31:35

Rank in category: 55(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	8:40	4:19	37	2:23	91	2:23	2.00	8:40	4:19	46	2:23	110	2:23
Runde Langstrec	2.00	8:42	4:20	40	2:19	91	2:19	4.00	17:22	4:20	46	4:42	71	4:42
Runde Langstrec	2.00	9:39	4:49	69	3:11	198	3:11	6.00	27:01	4:30	46	7:53	106	7:53
Runde Langstrec	2.00	9:59	4:59	72	3:35	227	3:35	8.00	37:00	4:37	46	11:28	109	11:28
Leichtathletikh	2.00	9:01	4:30	54	2:32	141	2:58	10.00	46:01	4:36	55	14:00	151	14:26