



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Greßler, Steffen

Club: Erfurt
Number: 1433

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M40 (40-49 Jahre)

Total time: 44:05

Speed: 13.61 km/h
Running performance: 4:25 min/km

Rank in course/Total: 105 (of 637)

Rank in course/Men: 101 (of 493)

Best time in course: 31:35

Rank in category: 21(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	8:51	4:25	30	2:23	112	2:34	2.00	8:51	4:25	28	2:23	111	2:34
Runde Langstrec	2.00	8:42	4:20	20	2:00	91	2:19	4.00	17:33	4:23	28	4:23	111	4:53
Runde Langstrec	2.00	8:54	4:27	24	2:02	104	2:26	6.00	26:27	4:24	28	6:25	111	7:19
Runde Langstrec	2.00	9:00	4:30	23	2:14	108	2:36	8.00	35:27	4:25	27	8:39	110	9:55
Leichtathletikh	2.00	8:38	4:18	17	1:51	98	2:35	10.00	44:05	4:24	21	10:30	101	12:30