



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Götz, Stefan

Club: RV-Elxleben

Number: 1164

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:24

Speed: 12.93 km/h

Running performance: 4:38 min/km

Rank in course/Total: 170 (of 637)

Rank in course/Men: 163 (of 493)

Best time in course: 31:35

Rank in category: 47(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	9:23	4:41	42	2:55	169	3:06	2.00	9:23	4:41	30	2:55	113	3:06
Runde Langstrec	2.00	9:13	4:36	50	2:31	170	2:50	4.00	18:36	4:39	30	5:26	113	5:56
Runde Langstrec	2.00	9:13	4:36	39	2:21	148	2:45	6.00	27:49	4:38	30	7:47	113	8:41
Runde Langstrec	2.00	9:29	4:44	47	2:43	167	3:05	8.00	37:18	4:39	29	10:30	112	11:46
Leichtathletikh	2.00	9:06	4:32	40	2:19	149	3:03	10.00	46:24	4:38	47	12:49	163	14:49