



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kölsch, Wolfgang

Club: Ostwest Express e.V.

Number: 1455

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:09

Speed: 13.59 km/h

Running performance: 4:25 min/km

Rank in course/Total: 108 (of 637)

Rank in course/Men: 104 (of 493)

Best time in course: 31:35

Rank in category: 23(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	8:44	4:21	22	2:02	102	2:21	4.00	18:07	4:31	31	4:57	115	5:27	
Runde Langstrec	2.00	8:39	4:19	12	1:47	73	2:11	6.00	26:46	4:27	31	6:44	115	7:38	
Runde Langstrec	2.00	8:44	4:21	13	1:58	72	2:20	8.00	35:30	4:26	30	8:42	114	9:58	
Leichtathletikh	2.00	8:39	4:19	18	1:52	99	2:36	10.00	44:09	4:24	23	10:34	104	12:34	