



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Frießleben, Sven

Club: Jena

Number: 1279

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:16

Speed: 12.97 km/h

Running performance: 4:38 min/km

Rank in course/Total: 162 (of 637)

Rank in course/Men: 156 (of 493)

Best time in course: 31:35

Rank in category: 56(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 | 9:09 | 4:34 | 46 | 2:52 | 137 | 2:52 | 2.00 | 9:09 | 4:34 | 49 | 2:52 | 73 | 2:52 |
| Runde Langstrec | 2.00 | 9:12 | 4:35 | 58 | 2:49 | 166 | 2:49 | 4.00 | 18:21 | 4:35 | 49 | 5:41 | 120 | 5:41 |
| Runde Langstrec | 2.00 | 9:22 | 4:41 | 57 | 2:54 | 165 | 2:54 | 6.00 | 27:43 | 4:37 | 49 | 8:35 | 120 | 8:35 |
| Runde Langstrec | 2.00 | 9:35 | 4:47 | 62 | 3:11 | 175 | 3:11 | 8.00 | 37:18 | 4:39 | 49 | 11:46 | 112 | 11:46 |
| Leichtathletikhaf | 2.00 | 8:58 | 4:29 | 53 | 2:29 | 136 | 2:55 | 10.00 | 46:16 | 4:37 | 56 | 14:15 | 156 | 14:41 |