



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Röhrig, Silvio

Club: Bischofrod

Number: 1634

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:22

Speed: 12.94 km/h

Running performance: 4:38 min/km

Rank in course/Total: 168 (of 637)

Rank in course/Men: 161 (of 493)

Best time in course: 31:35

Rank in category: 46(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 | 8:55 | 4:27 | 33 | 2:27 | 116 | 2:38 | 2.00 | 8:55 | 4:27 | 33 | 2:27 | 66 | 2:38 |
| Runde Langstrec | 2.00 | 9:08 | 4:33 | 44 | 2:26 | 155 | 2:45 | 4.00 | 18:03 | 4:30 | 22 | 4:53 | 93 | 5:23 |
| Runde Langstrec | 2.00 | 9:27 | 4:43 | 52 | 2:35 | 176 | 2:59 | 6.00 | 27:30 | 4:34 | 33 | 7:28 | 126 | 8:22 |
| Runde Langstrec | 2.00 | 9:33 | 4:46 | 50 | 2:47 | 173 | 3:09 | 8.00 | 37:03 | 4:37 | 32 | 10:15 | 125 | 11:31 |
| Leichtathletikh | 2.00 | 9:19 | 4:39 | 50 | 2:32 | 173 | 3:16 | 10.00 | 46:22 | 4:38 | 46 | 12:47 | 161 | 14:47 |