



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Krone, Holger**

Club: 1.Erfurter Badmintonverein  
Number: 1085

Course: 10.00 km  
Vintage VDB Lauf

Category:  
Senioren M40 (40-49 Jahre)

Total time: 45:44

Speed: 13.12 km/h  
Running performance: 4:34 min/km

Rank in course/Total: 153 (of 637)

Rank in course/Men: 147 (of 493)

Best time in course: 31:35

Rank in category: 41(of 135)

Best time in the category: 33:35

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total       |               | Total           |             | Total          |            | Total ranking |  |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |  |
| Runde Langstrec | 2.00        | 8:54          | 4:27            | 31          | 2:26           | 113         | 2:37          | 2.00        | 8:54          | 4:27            | 34          | 2:26           | 98         | 2:37          |  |
| Runde Langstrec | 2.00        | 9:10          | 4:34            | 45          | 2:28           | 158         | 2:47          | 4.00        | 18:04         | 4:30            | 24          | 4:54           | 99         | 5:24          |  |
| Runde Langstrec | 2.00        | 9:13          | 4:36            | 39          | 2:21           | 148         | 2:45          | 6.00        | 27:17         | 4:32            | 24          | 7:15           | 99         | 8:09          |  |
| Runde Langstrec | 2.00        | 9:14          | 4:36            | 34          | 2:28           | 134         | 2:50          | 8.00        | 36:31         | 4:33            | 33          | 9:43           | 116        | 10:59         |  |
| Leichtathletikh | 2.00        | 9:13          | 4:36            | 46          | 2:26           | 163         | 3:10          | 10.00       | 45:44         | 4:34            | 41          | 12:09          | 147        | 14:09         |  |