



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

May, Maximilian

Club: SG Einheit Arnstadt

Number: 1343

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 43:05

Speed: 13.93 km/h

Running performance: 4:19 min/km

Rank in course/Total: 74 (of 637)

Rank in course/Men: 72 (of 493)

Best time in course: 31:35

Rank in category: 19(of 69)

Best time in the category: 31:35

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	8:39	4:19	19	2:22	88	2:22	2.00	8:39	4:19	64		131	2:22
Runde Langstrec	2.00	8:42	4:20	19	2:19	91	2:19	4.00	17:21	4:20	64		89	4:41
Runde Langstrec	2.00	8:50	4:25	19	2:22	95	2:22	6.00	26:11	4:21	64		123	7:03
Runde Langstrec	2.00	8:57	4:28	22	2:33	101	2:33	8.00	35:08	4:23	63		130	9:36
Leichtathletikh	2.00	7:57	3:58	16	1:54	40	1:54	10.00	43:05	4:18	19	11:30	72	11:30