



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schreck, Stephan

Club: RACO

Number: 1358

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 43:10

Speed: 13.90 km/h

Running performance: 4:19 min/km

Rank in course/Total: 78 (of 637)

Rank in course/Men: 76 (of 493)

Best time in course: 31:35

Rank in category: 36(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 | 8:39 | 4:19 | 35 | 2:22 | 88 | 2:22 | 2.00 | 8:39 | 4:19 | 54 | 2:22 | 131 | 2:22 |
| Runde Langstrec | 2.00 | 8:42 | 4:20 | 40 | 2:19 | 91 | 2:19 | 4.00 | 17:21 | 4:20 | 54 | 4:41 | 89 | 4:41 |
| Runde Langstrec | 2.00 | 8:50 | 4:25 | 42 | 2:22 | 95 | 2:22 | 6.00 | 26:11 | 4:21 | 54 | 7:03 | 123 | 7:03 |
| Runde Langstrec | 2.00 | 8:57 | 4:28 | 44 | 2:33 | 101 | 2:33 | 8.00 | 35:08 | 4:23 | 54 | 9:36 | 130 | 9:36 |
| Leichtathletikh | 2.00 | 8:02 | 4:00 | 19 | 1:33 | 45 | 1:59 | 10.00 | 43:10 | 4:18 | 36 | 11:09 | 76 | 11:35 |