



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		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			Men	Men								km
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