



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Gattinger, Ralf

Club: Breitung

Number: 1517

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:23

Speed: 12.94 km/h

Running performance: 4:38 min/km

Rank in course/Total: 169 (of 637)

Rank in course/Men: 162 (of 493)

Best time in course: 31:35

Rank in category: 58(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			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	9:19	4:39	56	3:02	162	3:02	2.00	9:19	4:39	51	3:02	124	3:02
Runde Langstrec	2.00	9:09	4:34	57	2:46	157	2:46	4.00	18:28	4:36	55	5:48	139	5:48
Runde Langstrec	2.00	9:18	4:39	56	2:50	159	2:50	6.00	27:46	4:37	55	8:38	139	8:38
Runde Langstrec	2.00	9:25	4:42	58	3:01	162	3:01	8.00	37:11	4:38	53	11:39	126	11:39
Leichtathletikh	2.00	9:12	4:35	59	2:43	161	3:09	10.00	46:23	4:38	58	14:22	162	14:48