



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Herbst, Rene

Club: Boxverein Weimar e.V.

Number: 1312

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 47:09

Speed: 12.73 km/h

Running performance: 4:43 min/km

Rank in course/Total: 185 (of 637)

Rank in course/Men: 175 (of 493)

Best time in course: 31:35

Rank in category: 31(of 69)

Best time in the category: 31:35

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	9:34	4:46	34	3:17	190	3:17	2.00	9:34	4:46	53		141	3:17
Runde Langstrec	2.00	9:05	4:32	30	2:42	152	2:42	4.00	18:39	4:39	53		141	5:59
Runde Langstrec	2.00	9:10	4:34	29	2:42	142	2:42	6.00	27:49	4:38	27		113	8:41
Runde Langstrec	2.00	9:42	4:50	32	3:18	189	3:18	8.00	37:31	4:41	52		140	11:59
Leichtathletikh	2.00	9:38	4:48	37	3:35	214	3:35	10.00	47:09	4:42	31	15:34	175	15:34