



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Sickel, Steffen

Club: FC Gebesee

Number: 1172

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:50

Speed: 13.69 km/h

Running performance: 4:23 min/km

Rank in course/Total: 100 (of 637)

Rank in course/Men: 96 (of 493)

Best time in course: 31:35

Rank in category: 19(of 135)

Best time in the category: 33:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		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	9:08	4:33	36	2:40	135	2:51	2.00	9:08	4:33	39	2:40	142	2:51	
Runde Langstrec	2.00	8:34	4:16	16	1:52	74	2:11	4.00	17:42	4:25	39	4:32	142	5:02	
Runde Langstrec	2.00	8:40	4:19	14	1:48	77	2:12	6.00	26:22	4:23	39	6:20	142	7:14	
Runde Langstrec	2.00	8:52	4:26	19	2:06	92	2:28	8.00	35:14	4:24	38	8:26	141	9:42	
Leichtathletikh	2.00	8:36	4:17	16	1:49	95	2:33	10.00	43:50	4:23	19	10:15	96	12:15	