



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bergmann, Michael

Club: Sömmerdaer Gipfelstürmer

Number: 1169

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:20

Speed: 12.95 km/h

Running performance: 4:38 min/km

Rank in course/Total: 165 (of 637)

Rank in course/Men: 159 (of 493)

Best time in course: 31:35

Rank in category: 45(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	9:43	4:51	53	3:15	202	3:26	2.00	9:43	4:51	41	3:15	151	3:26
Runde Langstrec	2.00	9:10	4:34	45	2:28	158	2:47	4.00	18:53	4:43	41	5:43	151	6:13
Runde Langstrec	2.00	9:14	4:36	43	2:22	152	2:46	6.00	28:07	4:41	41	8:05	151	8:59
Runde Langstrec	2.00	9:14	4:36	34	2:28	134	2:50	8.00	37:21	4:40	40	10:33	150	11:49
Leichtathletikh	2.00	8:59	4:29	36	2:12	138	2:56	10.00	46:20	4:38	45	12:45	159	14:45