



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Fröhlich, Günter

Club: SG Einheit Arnstadt

Number: 1446

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 43:24

Speed: 13.82 km/h

Running performance: 4:20 min/km

Rank in course/Total: 84 (of 637)

Rank in course/Men: 82 (of 493)

Best time in course: 31:35

Rank in category: 37(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		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	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	8:43	4:21	44	2:20	98	2:20	4.00	17:22	4:20	46	4:42	71	4:42
Runde Langstrec	2.00	8:49	4:24	37	2:21	89	2:21	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
Leichtathletikhal	2.00	8:16	4:08	31	1:47	63	2:13	10.00	43:24	4:20	37	11:23	82	11:49