



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Deutschland, Andreas

Club: Großneuhausen

Number: 1082

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:43

Speed: 13.42 km/h

Running performance: 4:28 min/km

Rank in course/Total: 119 (of 637)

Rank in course/Men: 113 (of 493)

Best time in course: 31:35

Rank in category: 26(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	8:24	4:12	15	1:56	73	2:07	2.00	8:24	4:12	43	1:56	160	2:07
Runde Langstrec	2.00	8:52	4:26	32	2:10	126	2:29	4.00	17:16	4:18	26	4:06	107	4:36
Runde Langstrec	2.00	9:06	4:32	32	2:14	128	2:38	6.00	26:22	4:23	39	6:20	142	7:14
Runde Langstrec	2.00	9:24	4:42	46	2:38	161	3:00	8.00	35:46	4:28	24	8:58	103	10:14
Leichtathletikh	2.00	8:57	4:28	33	2:10	133	2:54	10.00	44:43	4:28	26	11:08	113	13:08