



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hantscher, Stefan

Club: Ultra-Runnerteam.de Suhl

Number: 1522

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:50

Speed: 12.81 km/h

Running performance: 4:41 min/km

Rank in course/Total: 180 (of 637)

Rank in course/Men: 171 (of 493)

Best time in course: 31:35

Rank in category: 51(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		Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men				
Runde Langstrec	2.00	9:58	4:59	59	3:30	220	3:41	2.00	9:58	4:59	44	3:30	163	3:41			
Runde Langstrec	2.00	9:14	4:36	51	2:32	172	2:51	4.00	19:12	4:47	44	6:02	163	6:32			
Runde Langstrec	2.00	9:18	4:39	46	2:26	159	2:50	6.00	28:30	4:45	44	8:28	162	9:22			
Runde Langstrec	2.00	9:23	4:41	45	2:37	160	2:59	8.00	37:53	4:44	43	11:05	161	12:21			
Leichtathletikhal	2.00	8:57	4:28	33	2:10	133	2:54	10.00	46:50	4:41	51	13:15	171	15:15			