



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rudolph, Maik

Club: LSG 80 Schmückeläufer

Number: 1570

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 50:45

Speed: 11.82 km/h

Running performance: 5:05 min/km

Rank in course/Total: 278 (of 637)

Rank in course/Men: 253 (of 493)

Best time in course: 31:35

Rank in category: 78(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde Langstrec	2.00	10:49	5:24	87	4:32	304	4:32	2.00	10:49	5:24	62	4:32	167	4:32	
Runde Langstrec	2.00	9:53	4:56	78	3:30	250	3:30	4.00	20:42	5:10	62	8:02	167	8:02	
Runde Langstrec	2.00	9:54	4:57	74	3:26	229	3:26	6.00	30:36	5:06	62	11:28	166	11:28	
Runde Langstrec	2.00	10:17	5:08	80	3:53	266	3:53	8.00	40:53	5:06	62	15:21	165	15:21	
Leichtathletikhal	2.00	9:52	4:56	79	3:23	254	3:49	10.00	50:45	5:04	78	18:44	253	19:10	