



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Nessel, Torsten

Club: Easy Fun

Number: 1712

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:26

Speed: 12.39 km/h

Running performance: 4:50 min/km

Rank in course/Total: 209 (of 637)

Rank in course/Men: 194 (of 493)

Best time in course: 31:35

Rank in category: 55(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	9:38	4:48	51	3:10	194	3:21	2.00	9:38	4:48	46	3:10	172	3:21	
Runde Langstrec	2.00	9:40	4:49	63	2:58	218	3:17	4.00	19:18	4:49	46	6:08	172	6:38	
Runde Langstrec	2.00	9:52	4:56	63	3:00	224	3:24	6.00	29:10	4:51	46	9:08	171	10:02	
Runde Langstrec	2.00	9:52	4:56	63	3:06	210	3:28	8.00	39:02	4:52	45	12:14	170	13:30	
Leichtathletikhal	2.00	9:24	4:42	52	2:37	186	3:21	10.00	48:26	4:50	55	14:51	194	16:51	