



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Simon, Sven**

Club: Klettbach

Number: 1344

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:46

Speed: 12.56 km/h

Running performance: 4:47 min/km

Rank in course/Total: 198 (of 637)

Rank in course/Men: 185 (of 493)

Best time in course: 31:35

Rank in category: 54(of 135)

Best time in the category: 33:35

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde Langstrec | 2.00        | 10:17         | 5:08            | 65          | 3:49           | 243         | 4:00          | 2.00          | 10:17         | 5:08            | 48          | 3:49           | 175        | 4:00          |
| Runde Langstrec | 2.00        | 9:35          | 4:47            | 60          | 2:53           | 206         | 3:12          | 4.00          | 19:52         | 4:58            | 48          | 6:42           | 175        | 7:12          |
| Runde Langstrec | 2.00        | 9:34          | 4:46            | 55          | 2:42           | 190         | 3:06          | 6.00          | 29:26         | 4:54            | 48          | 9:24           | 169        | 10:18         |
| Runde Langstrec | 2.00        | 9:36          | 4:47            | 52          | 2:50           | 176         | 3:12          | 8.00          | 39:02         | 4:52            | 45          | 12:14          | 170        | 13:30         |
| Leichtathletikh | 2.00        | 8:44          | 4:21            | 22          | 1:57           | 108         | 2:41          | 10.00         | 47:46         | 4:46            | 54          | 14:11          | 185        | 16:11         |