



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Friedrich, Karsten

Club: OS Kars Läufer Gebesee

Number: 1686

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:57

Speed: 12.26 km/h

Running performance: 4:53 min/km

Rank in course/Total: 228 (of 637)

Rank in course/Men: 213 (of 493)

Best time in course: 31:35

Rank in category: 61(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	10:18	5:09	66	3:50	246	4:01	2.00	10:18	5:09	49	3:50	181	4:01	
Runde Langstrec	2.00	9:45	4:52	64	3:03	222	3:22	4.00	20:03	5:00	49	6:53	181	7:23	
Runde Langstrec	2.00	9:40	4:49	58	2:48	202	3:12	6.00	29:43	4:57	49	9:41	180	10:35	
Runde Langstrec	2.00	9:42	4:50	55	2:56	189	3:18	8.00	39:25	4:55	48	12:37	179	13:53	
Leichtathletikhal	2.00	9:32	4:46	56	2:45	200	3:29	10.00	48:57	4:53	61	15:22	213	17:22	