



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Klupsch, Steffen

Club: SSV Erfurt 02

Number: 1596

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 48:11

Speed: 12.45 km/h

Running performance: 4:49 min/km

Rank in course/Total: 202 (of 637)

Rank in course/Men: 188 (of 493)

Best time in course: 31:35

Rank in category: 64(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	9:21	4:40	58	3:04	164	3:04	2.00	9:21	4:40	65	3:04	183	3:04
Runde Langstrec	2.00	9:48	4:54	76	3:25	233	3:25	4.00	19:09	4:47	65	6:29	183	6:29
Runde Langstrec	2.00	9:45	4:52	71	3:17	212	3:17	6.00	28:54	4:48	65	9:46	182	9:46
Runde Langstrec	2.00	9:56	4:58	69	3:32	218	3:32	8.00	38:50	4:51	65	13:18	181	13:18
Leichtathletikh	2.00	9:21	4:40	63	2:52	178	3:18	10.00	48:11	4:49	64	16:10	188	16:36