



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Räthel, Patrick

Club: TSSC Erfurt

Number: 1209

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 50:51

Speed: 11.80 km/h

Running performance: 5:05 min/km

Rank in course/Total: 287 (of 637)

Rank in course/Men: 261 (of 493)

Best time in course: 31:35

Rank in category: 43(of 69)

Best time in the category: 31:35

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	9:02	4:30	25	2:45	126	2:45	2.00	9:02	4:30	55		190	2:45
Runde Langstrec	2.00	9:52	4:56	39	3:29	246	3:29	4.00	18:54	4:43	55		190	6:14
Runde Langstrec	2.00	10:25	5:12	48	3:57	302	3:57	6.00	29:19	4:53	55		189	10:11
Runde Langstrec	2.00	10:48	5:24	52	4:24	334	4:24	8.00	40:07	5:00	54		188	14:35
Leichtathletikh	2.00	10:44	5:21	53	4:41	356	4:41	10.00	50:51	5:05	43	19:16	261	19:16