



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Finger, Jens

Club: SV EVB Erfurt

Number: 1457

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:01

Speed: 13.04 km/h

Running performance: 4:36 min/km

Rank in course/Total: 158 (of 637)

Rank in course/Men: 151 (of 493)

Best time in course: 31:35

Rank in category: 43(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	8:45	4:22	24	2:17	98	2:28	2.00	8:45	4:22	55	2:17	200	2:28
Runde Langstrec	2.00	9:12	4:35	49	2:30	166	2:49	4.00	17:57	4:29	55	4:47	200	5:17
Runde Langstrec	2.00	9:18	4:39	46	2:26	159	2:50	6.00	27:15	4:32	55	7:13	199	8:07
Runde Langstrec	2.00	9:34	4:46	51	2:48	174	3:10	8.00	36:49	4:36	54	10:01	198	11:17
Leichtathletikhaf	2.00	9:12	4:35	45	2:25	161	3:09	10.00	46:01	4:36	43	12:26	151	14:26