



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Csanyi, Thomas

Club: Team Kyffhäuser

Number: 1506

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:10

Speed: 11.73 km/h

Running performance: 5:07 min/km

Rank in course/Total: 297 (of 637)

Rank in course/Men: 269 (of 493)

Best time in course: 31:35

Rank in category: 75(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	9:43	4:51	53	3:15	202	3:26	2.00	9:43	4:51	41	3:15	151	3:26
Runde Langstrec	2.00	10:14	5:06	79	3:32	291	3:51	4.00	19:57	4:59	58	6:47	206	7:17
Runde Langstrec	2.00	10:31	5:15	87	3:39	317	4:03	6.00	30:28	5:04	58	10:26	205	11:20
Runde Langstrec	2.00	10:29	5:14	82	3:43	292	4:05	8.00	40:57	5:07	57	14:09	204	15:25
Leichtathletikh	2.00	10:13	5:06	83	3:26	292	4:10	10.00	51:10	5:06	75	17:35	269	19:35