



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Röhner, Andreas

Club: Erlau

Number: 1294

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:10

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 233 (of 637)

Rank in course/Men: 218 (of 493)

Best time in course: 31:35

Rank in category: 65(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	9:10	4:34	38	2:42	142	2:53	2.00	9:10	4:34	61	2:42	106	2:53
Runde Langstrec	2.00	9:48	4:54	68	3:06	233	3:25	4.00	18:58	4:44	61	5:48	209	6:18
Runde Langstrec	2.00	10:10	5:04	75	3:18	258	3:42	6.00	29:08	4:51	61	9:06	208	10:00
Runde Langstrec	2.00	10:16	5:08	76	3:30	262	3:52	8.00	39:24	4:55	60	12:36	172	13:52
Leichtathletikh	2.00	9:46	4:53	67	2:59	232	3:43	10.00	49:10	4:54	65	15:35	218	17:35