



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

wieschalla, holger

Club: sv wandersleben

Number: 1589

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:39

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 370 (of 637)

Rank in course/Men: 330 (of 493)

Best time in course: 31:35

Rank in category: 91(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	11:35	5:47	100	5:07	380	5:18	2.00	11:35	5:47	62	5:07	211	5:18
Runde Langstrec	2.00	10:52	5:26	104	4:10	377	4:29	4.00	22:27	5:36	62	9:17	211	9:47
Runde Langstrec	2.00	10:44	5:21	94	3:52	340	4:16	6.00	33:11	5:31	62	13:09	210	14:03
Runde Langstrec	2.00	10:33	5:16	86	3:47	305	4:09	8.00	43:44	5:28	61	16:56	209	18:12
Leichtathletikh	2.00	9:55	4:57	73	3:08	259	3:52	10.00	53:39	5:21	91	20:04	330	22:04