



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dahl, Matthias

Club: Ermstedt

Number: 1093

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:58

Speed: 11.55 km/h

Running performance: 5:12 min/km

Rank in course/Total: 314 (of 637)

Rank in course/Men: 282 (of 493)

Best time in course: 31:35

Rank in category: 78(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	11:45	5:52	109	5:17	402	5:28	2.00	11:45	5:52	64	5:17	218	5:28
Runde Langstrec	2.00	10:13	5:06	78	3:31	289	3:50	4.00	21:58	5:29	64	8:48	218	9:18
Runde Langstrec	2.00	10:05	5:02	73	3:13	247	3:37	6.00	32:03	5:20	64	12:01	217	12:55
Runde Langstrec	2.00	10:00	5:00	67	3:14	231	3:36	8.00	42:03	5:15	63	15:15	216	16:31
Leichtathletikh	2.00	9:55	4:57	73	3:08	259	3:52	10.00	51:58	5:11	78	18:23	282	20:23