



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 | |