



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Jehnes, Michael

Club: Garbsen

Number: 1055

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 53:25

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 364 (of 637)

Rank in course/Men: 324 (of 493)

Best time in course: 31:35

Rank in category: 91(of 133)

Best time in the category: 32:01

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	11:42	5:50	107	5:25	394	5:25	2.00	11:42	5:50	69	5:25	224	5:25
Runde Langstrec	2.00	10:25	5:12	90	4:02	318	4:02	4.00	22:07	5:31	69	9:27	224	9:27
Runde Langstrec	2.00	10:29	5:14	91	4:01	314	4:01	6.00	32:36	5:26	69	13:28	223	13:28
Runde Langstrec	2.00	10:38	5:18	91	4:14	320	4:14	8.00	43:14	5:24	69	17:42	214	17:42
Leichtathletikhal	2.00	10:11	5:05	87	3:42	285	4:08	10.00	53:25	5:20	91	21:24	324	21:50