



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Fischer, Daniel

Club: Erfurt

Number: 1282

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:33

Speed: 13.47 km/h

Running performance: 4:28 min/km

Rank in course/Total: 115 (of 637)

Rank in course/Men: 111 (of 493)

Best time in course: 31:35

Rank in category: 45(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	9:24	4:42	61	3:07	173	3:07	2.00	9:24	4:42	70	3:07	226	3:07
Runde Langstrec	2.00	8:48	4:24	49	2:25	118	2:25	4.00	18:12	4:32	70	5:32	226	5:32
Runde Langstrec	2.00	8:50	4:25	42	2:22	95	2:22	6.00	27:02	4:30	70	7:54	137	7:54
Runde Langstrec	2.00	8:57	4:28	44	2:33	101	2:33	8.00	35:59	4:29	70	10:27	224	10:27
Leichtathletikh	2.00	8:34	4:16	44	2:05	90	2:31	10.00	44:33	4:27	45	12:32	111	12:58