



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Topf, Marcel

Club: Erfurt

Number: 1443

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 53:04

Speed: 11.31 km/h

Running performance: 5:19 min/km

Rank in course/Total: 356 (of 637)

Rank in course/Men: 318 (of 493)

Best time in course: 31:35

Rank in category: 88(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	11:05	5:32	91	4:48	329	4:48	2.00	11:05	5:32	71	4:48	227	4:48	
Runde Langstrec	2.00	10:12	5:05	82	3:49	281	3:49	4.00	21:17	5:19	71	8:37	227	8:37	
Runde Langstrec	2.00	10:24	5:12	87	3:56	297	3:56	6.00	31:41	5:16	71	12:33	226	12:33	
Runde Langstrec	2.00	10:42	5:20	93	4:18	327	4:18	8.00	42:23	5:17	71	16:51	225	16:51	
Leichtathletikh	2.00	10:41	5:20	100	4:12	350	4:38	10.00	53:04	5:18	88	21:03	318	21:29	