



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wawer, Sebastian

Club: Erfurt
Number: 1287

Course: 10.00 km
Vintage VDB Lauf

Category:
Männer (20-29 Jahre)

Total time: 51:45

Speed: 11.59 km/h
Running performance: 5:11 min/km

Rank in course/Total: 309 (of 637)

Rank in course/Men: 278 (of 493)

Best time in course: 31:35

Rank in category: 49(of 69)

Best time in the category: 31:35

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	11:42	5:50	59	5:25	394	5:25	2.00	11:42	5:50	16		224	5:25
Runde Langstrec	2.00	10:21	5:10	53	3:58	305	3:58	4.00	22:03	5:30	16		228	9:23
Runde Langstrec	2.00	10:11	5:05	41	3:43	262	3:43	6.00	32:14	5:22	16		227	13:06
Runde Langstrec	2.00	10:08	5:03	41	3:44	245	3:44	8.00	42:22	5:17	15		211	16:50
Leichtathletikh	2.00	9:23	4:41	33	3:20	183	3:20	10.00	51:45	5:10	49	20:10	278	20:10