



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Groß, David

Club: Erfurt

Number: 1406

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 52:23

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 329 (of 637)

Rank in course/Men: 295 (of 493)

Best time in course: 31:35

Rank in category: 84(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde Langstrec	2.00	11:17	5:38	96	5:00	352	5:00	2.00	11:17	5:38	72	5:00	230	5:00
Runde Langstrec	2.00	10:16	5:08	85	3:53	294	3:53	4.00	21:33	5:23	72	8:53	230	8:53
Runde Langstrec	2.00	10:22	5:11	84	3:54	288	3:54	6.00	31:55	5:19	72	12:47	229	12:47
Runde Langstrec	2.00	10:33	5:16	89	4:09	305	4:09	8.00	42:28	5:18	72	16:56	228	16:56
Leichtathletikh	2.00	9:55	4:57	81	3:26	259	3:52	10.00	52:23	5:14	84	20:22	295	20:48