



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stange, Mario

Club: GMLR

Number: 1069

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:26

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 365 (of 637)

Rank in course/Men: 325 (of 493)

Best time in course: 31:35

Rank in category: 89(of 135)

Best time in the category: 33:35

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 | 11:41 | 5:50 | 105 | 5:13 | 393 | 5:24 | 2.00 | 11:41 | 5:50 | 68 | 5:13 | 237 | 5:24 |
| Runde Langstrec | 2.00 | 10:21 | 5:10 | 83 | 3:39 | 305 | 3:58 | 4.00 | 22:02 | 5:30 | 68 | 8:52 | 237 | 9:22 |
| Runde Langstrec | 2.00 | 10:22 | 5:11 | 82 | 3:30 | 288 | 3:54 | 6.00 | 32:24 | 5:23 | 68 | 12:22 | 236 | 13:16 |
| Runde Langstrec | 2.00 | 10:32 | 5:15 | 85 | 3:46 | 300 | 4:08 | 8.00 | 42:56 | 5:21 | 67 | 16:08 | 235 | 17:24 |
| Leichtathletikhal | 2.00 | 10:30 | 5:15 | 92 | 3:43 | 326 | 4:27 | 10.00 | 53:26 | 5:20 | 89 | 19:51 | 325 | 21:51 |