



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kahle, Stefan

Total time: 49:49

Number: 1615

Speed: 12.04 km/h

Running performance: 4:59 min/km

Course: 10.00 km

Rank in course/Total: 254 (of 637)

Vintage VDB Lauf

Rank in course/Men: 235 (of 493)

Best time in course: 31:35

Category:

Rank in category: 69(of 135)

Senioren M40 (40-49 Jahre)

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	10:13	5:06	64	3:45	239	3:56	2.00	10:13	5:06	71	3:45	161	3:56
Runde Langstrec	2.00	9:47	4:53	67	3:05	232	3:24	4.00	20:00	5:00	71	6:50	248	7:20
Runde Langstrec	2.00	9:53	4:56	67	3:01	228	3:25	6.00	29:53	4:58	71	9:51	247	10:45
Runde Langstrec	2.00	10:06	5:02	72	3:20	242	3:42	8.00	39:59	4:59	70	13:11	246	14:27
Leichtathletikhal	2.00	9:50	4:55	71	3:03	245	3:47	10.00	49:49	4:58	69	16:14	235	18:14