



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Lehmann, Michael

Club: Arnstadt

Number: 1548

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 56:51

Speed: 10.55 km/h

Running performance: 5:41 min/km

Rank in course/Total: 478 (of 637)

Rank in course/Men: 408 (of 493)

Best time in course: 31:35

Rank in category: 115(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	9:53	4:56	70	3:36	209	3:36	2.00	9:53	4:56	75	3:36	198	3:36	
Runde Langstrec	2.00	10:55	5:27	105	4:32	382	4:32	4.00	20:48	5:12	75	8:08	249	8:08	
Runde Langstrec	2.00	11:37	5:48	118	5:09	427	5:09	6.00	32:25	5:24	75	13:17	248	13:17	
Runde Langstrec	2.00	12:01	6:00	123	5:37	446	5:37	8.00	44:26	5:33	75	18:54	247	18:54	
Leichtathletikhal	2.00	12:25	6:12	127	5:56	460	6:22	10.00	56:51	5:41	115	24:50	408	25:16	