



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dittmann, Mario

Club: Schkauditzer Läufer

Number: 1140

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 58:45

Speed: 10.21 km/h

Running performance: 5:53 min/km

Rank in course/Total: 522 (of 637)

Rank in course/Men: 436 (of 493)

Best time in course: 31:35

Rank in category: 122(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	km	Time	min/km				
Runde Langstrec	2.00	12:42	6:20	127	6:14	464	6:25	2.00	12:42	6:20	72	6:14	251	6:25			
Runde Langstrec	2.00	11:31	5:45	122	4:49	436	5:08	4.00	24:13	6:03	72	11:03	251	11:33			
Runde Langstrec	2.00	11:33	5:46	120	4:41	425	5:05	6.00	35:46	5:57	72	15:44	250	16:38			
Runde Langstrec	2.00	11:47	5:53	121	5:01	426	5:23	8.00	47:33	5:56	71	20:45	249	22:01			
Leichtathletikhal	2.00	11:12	5:35	113	4:25	403	5:09	10.00	58:45	5:52	122	25:10	436	27:10			