



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schwarz, René

Club: Sportfreunde Bad Boilstädt

Number: 1692

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 58:49

Speed: 10.20 km/h

Running performance: 5:53 min/km

Rank in course/Total: 525 (of 637)

Rank in course/Men: 439 (of 493)

Best time in course: 31:35

Rank in category: 123(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	12:16	6:08	120	5:48	437	5:59	2.00	12:16	6:08	76	5:48	265	5:59
Runde Langstrec	2.00	11:23	5:41	119	4:41	425	5:00	4.00	23:39	5:54	76	10:29	265	10:59
Runde Langstrec	2.00	11:40	5:49	122	4:48	431	5:12	6.00	35:19	5:53	76	15:17	264	16:11
Runde Langstrec	2.00	11:47	5:53	121	5:01	426	5:23	8.00	47:06	5:53	75	20:18	263	21:34
Leichtathletikhäl	2.00	11:43	5:51	123	4:56	435	5:40	10.00	58:49	5:52	123	25:14	439	27:14