



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Pabel, Thomas

Club: SWE

Number: 1367

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 59:24

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 539 (of 637)

Rank in course/Men: 448 (of 493)

Best time in course: 31:35

Rank in category: 124(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	11:09	5:34	88	4:41	335	4:52	2.00	11:09	5:34	78	4:41	268	4:52
Runde Langstrec	2.00	11:32	5:46	124	4:50	441	5:09	4.00	22:41	5:40	78	9:31	268	10:01
Runde Langstrec	2.00	12:17	6:08	127	5:25	466	5:49	6.00	34:58	5:49	78	14:56	267	15:50
Runde Langstrec	2.00	12:20	6:10	125	5:34	457	5:56	8.00	47:18	5:54	77	20:30	266	21:46
Leichtathletikh	2.00	12:06	6:02	124	5:19	447	6:03	10.00	59:24	5:56	124	25:49	448	27:49