



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dahms, Marcel

Club: Schiedsrichter KFA Erfurt-Sömmerda
Number: 1336

Course: 10.00 km
Vintage VDB Lauf

Category:
Männer (20-29 Jahre)

Total time: 55:48

Speed: 10.75 km/h
Running performance: 5:35 min/km

Rank in course/Total: 436 (of 637)

Rank in course/Men: 380 (of 493)

Best time in course: 31:35

Rank in category: 59(of 69)

Best time in the category: 31:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men			
Runde Langstrec	2.00	10:40	5:19	48	4:23	291	4:23	2.00	10:40	5:19	13		269	4:23			
Runde Langstrec	2.00	11:22	5:41	63	4:59	423	4:59	4.00	22:02	5:30	13		237	9:22			
Runde Langstrec	2.00	11:10	5:34	61	4:42	392	4:42	6.00	33:12	5:32	13		268	14:04			
Runde Langstrec	2.00	11:29	5:44	61	5:05	414	5:05	8.00	44:41	5:35	12		267	19:09			
Leichtathletikhal	2.00	11:07	5:33	57	5:04	389	5:04	10.00	55:48	5:34	59	24:13	380	24:13			