



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Kießling, Sven**

Club: SV Thuringia Königsee

Number: 1054

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 54:57

Speed: 10.92 km/h

Running performance: 5:30 min/km

Rank in course/Total: 417 (of 637)

Rank in course/Men: 366 (of 493)

Best time in course: 31:35

Rank in category: 102(of 133)

Best time in the category: 32:01

### Intermediate times

### Stage score

### Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                   |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde Langstrec   | 2.00        | 10:56         | 5:28            | 90          | 4:39           | 313         | 4:39          | 2.00          | 10:56         | 5:28            | 81          | 4:39           | 276        | 4:39          |
| Runde Langstrec   | 2.00        | 10:41         | 5:20            | 101         | 4:18           | 354         | 4:18          | 4.00          | 21:37         | 5:24            | 81          | 8:57           | 276        | 8:57          |
| Runde Langstrec   | 2.00        | 10:55         | 5:27            | 103         | 4:27           | 362         | 4:27          | 6.00          | 32:32         | 5:25            | 81          | 13:24          | 275        | 13:24         |
| Runde Langstrec   | 2.00        | 11:11         | 5:35            | 108         | 4:47           | 381         | 4:47          | 8.00          | 43:43         | 5:27            | 81          | 18:11          | 274        | 18:11         |
| Leichtathletikhäl | 2.00        | 11:14         | 5:36            | 116         | 4:45           | 409         | 5:11          | 10.00         | 54:57         | 5:29            | 102         | 22:56          | 366        | 23:22         |