



# 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 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	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