



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Jahn, Enrico

Total time: 56:33

Number: 1630

Speed: 10.61 km/h

Running performance: 5:40 min/km

Course: 10.00 km

Rank in course/Total: 466 (of 637)

Vintage VDB Lauf

Rank in course/Men: 398 (of 493)

Category:

Best time in course: 31:35

Senioren M30 (30-39 Jahre)

Rank in category: 111(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	12:40	6:19	123	6:23	461	6:23	2.00	12:40	6:19	79	6:23	267	6:23
Runde Langstrec	2.00	11:16	5:38	113	4:53	415	4:53	4.00	23:56	5:59	82	11:16	277	11:16
Runde Langstrec	2.00	11:05	5:32	108	4:37	384	4:37	6.00	35:01	5:50	79	15:53	266	15:53
Runde Langstrec	2.00	10:59	5:29	99	4:35	357	4:35	8.00	46:00	5:45	82	20:28	275	20:28
Leichtathletikh	2.00	10:33	5:16	96	4:04	332	4:30	10.00	56:33	5:39	111	24:32	398	24:58