



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Gaßdorf, Thomas

Club: TTV Altenstein

Number: 1518

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 56:16

Speed: 10.66 km/h

Running performance: 5:38 min/km

Rank in course/Total: 451 (of 637)

Rank in course/Men: 389 (of 493)

Best time in course: 31:35

Rank in category: 109(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	12:42	6:20	127	6:14	464	6:25	2.00	12:42	6:20	72	6:14	251	6:25
Runde Langstrec	2.00	11:13	5:36	115	4:31	411	4:50	4.00	23:55	5:58	80	10:45	282	11:15
Runde Langstrec	2.00	10:52	5:26	99	4:00	357	4:24	6.00	34:47	5:47	80	14:45	281	15:39
Runde Langstrec	2.00	10:56	5:28	101	4:10	352	4:32	8.00	45:43	5:42	79	18:55	280	20:11
Leichtathletikh	2.00	10:33	5:16	95	3:46	332	4:30	10.00	56:16	5:37	109	22:41	389	24:41