



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Windisch, Michael

Club: LTV Erfurt

Number: 1048

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 59:56

Speed: 10.01 km/h

Running performance: 5:59 min/km

Rank in course/Total: 555 (of 637)

Rank in course/Men: 454 (of 493)

Best time in course: 31:35

Rank in category: 126(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        | 12:09         | 6:04            | 118         | 5:52           | 433         | 5:52          | 2.00          | 12:09         | 6:04            | 83          | 5:52           | 286        | 5:52          |
| Runde Langstrec   | 2.00        | 11:46         | 5:53            | 125         | 5:23           | 463         | 5:23          | 4.00          | 23:55         | 5:58            | 83          | 11:15          | 282        | 11:15         |
| Runde Langstrec   | 2.00        | 11:57         | 5:58            | 123         | 5:29           | 451         | 5:29          | 6.00          | 35:52         | 5:58            | 83          | 16:44          | 285        | 16:44         |
| Runde Langstrec   | 2.00        | 11:57         | 5:58            | 122         | 5:33           | 444         | 5:33          | 8.00          | 47:49         | 5:58            | 83          | 22:17          | 284        | 22:17         |
| Leichtathletikhaf | 2.00        | 12:07         | 6:03            | 123         | 5:38           | 448         | 6:04          | 10.00         | 59:56         | 5:59            | 126         | 27:55          | 454        | 28:21         |