



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wollenschläger, Tino

Number: 1726

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 55:16

Speed: 10.86 km/h

Running performance: 5:32 min/km

Rank in course/Total: 428 (of 637)

Rank in course/Men: 375 (of 493)

Best time in course: 31:35

Rank in category: 104(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde Langstrec	2.00	11:40	5:49	106	5:23	390	5:23	2.00	11:40	5:49	84	5:23	281	5:23
Runde Langstrec	2.00	10:34	5:16	93	4:11	332	4:11	4.00	22:14	5:33	84	9:34	287	9:34
Runde Langstrec	2.00	11:06	5:32	109	4:38	386	4:38	6.00	33:20	5:33	84	14:12	286	14:12
Runde Langstrec	2.00	11:00	5:30	101	4:36	361	4:36	8.00	44:20	5:32	84	18:48	285	18:48
Leichtathletikh	2.00	10:56	5:28	105	4:27	374	4:53	10.00	55:16	5:31	104	23:15	375	23:41