



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bechstein, Michael

Club: Sonntagsläufer Tambach-Dietharz
Number: 1323

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M40 (40-49 Jahre)

Total time: 1:02:29

Speed: 9.60 km/h
Running performance: 6:15 min/km

Rank in course/Total: 589 (of 637)

Rank in course/Men: 469 (of 493)

Best time in course: 31:35

Rank in category: 127(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde Langstrec	2.00	12:26	6:13	124	5:58	450	6:09	2.00	12:26	6:13	82	5:58	295	6:09	
Runde Langstrec	2.00	12:03	6:01	130	5:21	471	5:40	4.00	24:29	6:07	82	11:19	295	11:49	
Runde Langstrec	2.00	12:07	6:03	125	5:15	457	5:39	6.00	36:36	6:06	82	16:34	294	17:28	
Runde Langstrec	2.00	12:48	6:24	128	6:02	469	6:24	8.00	49:24	6:10	81	22:36	293	23:52	
Leichtathletikh	2.00	13:05	6:32	128	6:18	472	7:02	10.00	1:02:29	6:14	127	28:54	469	30:54	