



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 | |