



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Röhr, Ronald

Club: SV Fortuna Singen

Number: 1572

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 55:01

Speed: 10.91 km/h

Running performance: 5:30 min/km

Rank in course/Total: 421 (of 637)

Rank in course/Men: 369 (of 493)

Best time in course: 31:35

Rank in category: 100(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde Langstrec	2.00	12:12	6:05	119	5:44	435	5:55	2.00	12:12	6:05	84	5:44	301	5:55			
Runde Langstrec	2.00	10:23	5:11	87	3:41	314	4:00	4.00	22:35	5:38	84	9:25	301	9:55			
Runde Langstrec	2.00	10:38	5:18	90	3:46	329	4:10	6.00	33:13	5:32	84	13:11	300	14:05			
Runde Langstrec	2.00	10:54	5:27	100	4:08	349	4:30	8.00	44:07	5:30	83	17:19	299	18:35			
Leichtathletikh	2.00	10:54	5:27	106	4:07	370	4:51	10.00	55:01	5:30	100	21:26	369	23:26			