



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Neumann, Lars

Club: AnnaKram

Number: 1564

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:05

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 380 (of 637)

Rank in course/Men: 338 (of 493)

Best time in course: 31:35

Rank in category: 93(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. | Stage score | | Total ranking | | | | | | |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Runde Langstrec | 2.00 | 10:57 | 5:28 | 84 | 4:29 | 314 | 4:40 | 2.00 | 10:57 | 5:28 | 86 | 4:29 | 193 | 4:40 |
| Runde Langstrec | 2.00 | 10:52 | 5:26 | 104 | 4:10 | 377 | 4:29 | 4.00 | 21:49 | 5:27 | 86 | 8:39 | 305 | 9:09 |
| Runde Langstrec | 2.00 | 11:13 | 5:36 | 111 | 4:21 | 396 | 4:45 | 6.00 | 33:02 | 5:30 | 86 | 13:00 | 304 | 13:54 |
| Runde Langstrec | 2.00 | 10:43 | 5:21 | 94 | 3:57 | 329 | 4:19 | 8.00 | 43:45 | 5:28 | 85 | 16:57 | 303 | 18:13 |
| Leichtathletikhal | 2.00 | 10:20 | 5:10 | 86 | 3:33 | 308 | 4:17 | 10.00 | 54:05 | 5:24 | 93 | 20:30 | 338 | 22:30 |