



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Münchgesang, Ricardo

Club: Fitnesscrew Erfurt-Auf-Achse

Number: 1076

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 56:50

Speed: 10.56 km/h

Running performance: 5:41 min/km

Rank in course/Total: 477 (of 637)

Rank in course/Men: 407 (of 493)

Best time in course: 31:35

Rank in category: 114(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	11:26	5:43	94	4:58	364	5:09	2.00	11:26	5:43	87	4:58	313	5:09	
Runde Langstrec	2.00	11:00	5:30	109	4:18	389	4:37	4.00	22:26	5:36	87	9:16	313	9:46	
Runde Langstrec	2.00	11:27	5:43	118	4:35	416	4:59	6.00	33:53	5:38	87	13:51	312	14:45	
Runde Langstrec	2.00	11:38	5:48	120	4:52	421	5:14	8.00	45:31	5:41	86	18:43	311	19:59	
Leichtathletikhal	2.00	11:19	5:39	119	4:32	416	5:16	10.00	56:50	5:41	114	23:15	407	25:15	