



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Weißhaar, Mario

Club: keinen

Number: 1078

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 55:41

Speed: 10.78 km/h

Running performance: 5:34 min/km

Rank in course/Total: 434 (of 637)

Rank in course/Men: 378 (of 493)

Best time in course: 31:35

Rank in category: 104(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	12:05	6:02	118	5:37	428	5:48	2.00	12:05	6:02	88	5:37	292	5:48	
Runde Langstrec	2.00	11:03	5:31	112	4:21	396	4:40	4.00	23:08	5:46	88	9:58	317	10:28	
Runde Langstrec	2.00	10:59	5:29	104	4:07	369	4:31	6.00	34:07	5:41	88	14:05	316	14:59	
Runde Langstrec	2.00	11:15	5:37	109	4:29	387	4:51	8.00	45:22	5:40	87	18:34	315	19:50	
Leichtathletikh	2.00	10:19	5:09	84	3:32	306	4:16	10.00	55:41	5:34	104	22:06	378	24:06	