



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Meier, Marco

Club: Ultrarunner-Team

Number: 1622

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 56:52

Speed: 10.55 km/h

Running performance: 5:41 min/km

Rank in course/Total: 479 (of 637)

Rank in course/Men: 409 (of 493)

Best time in course: 31:35

Rank in category: 115(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	11:19	5:39	92	4:51	356	5:02	2.00	11:19	5:39	89	4:51	318	5:02
Runde Langstrec	2.00	11:13	5:36	115	4:31	411	4:50	4.00	22:32	5:38	89	9:22	318	9:52
Runde Langstrec	2.00	11:30	5:45	119	4:38	422	5:02	6.00	34:02	5:40	89	14:00	317	14:54
Runde Langstrec	2.00	11:47	5:53	121	5:01	426	5:23	8.00	45:49	5:43	88	19:01	260	20:17
Leichtathletikh	2.00	11:03	5:31	108	4:16	385	5:00	10.00	56:52	5:41	115	23:17	409	25:17