



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schirmbacher, André

Club: Erfurt

Number: 1153

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 55:51

Speed: 10.74 km/h

Running performance: 5:35 min/km

Rank in course/Total: 438 (of 637)

Rank in course/Men: 382 (of 493)

Best time in course: 31:35

Rank in category: 106(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	11:31	5:45	97	5:03	370	5:14	2.00	11:31	5:45	79	5:03	155	5:14
Runde Langstrec	2.00	10:38	5:18	92	3:56	344	4:15	4.00	22:09	5:32	90	8:59	284	9:29
Runde Langstrec	2.00	11:07	5:33	109	4:15	389	4:39	6.00	33:16	5:32	90	13:14	323	14:08
Runde Langstrec	2.00	11:20	5:40	111	4:34	395	4:56	8.00	44:36	5:34	89	17:48	322	19:04
Leichtathletikh	2.00	11:15	5:37	116	4:28	411	5:12	10.00	55:51	5:35	106	22:16	382	24:16