



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Keller, Daniel

Number: 1707

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 54:35

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 402 (of 637)

Rank in course/Men: 354 (of 493)

Best time in course: 31:35

Rank in category: 98(of 133)

Best time in the category: 32:01

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	99	5:09	364	5:09	2.00	11:26	5:43	93	5:09	313	5:09
Runde Langstrec	2.00	10:32	5:15	91	4:09	330	4:09	4.00	21:58	5:29	93	9:18	218	9:18
Runde Langstrec	2.00	10:36	5:17	92	4:08	321	4:08	6.00	32:34	5:25	93	13:26	325	13:26
Runde Langstrec	2.00	10:50	5:25	96	4:26	340	4:26	8.00	43:24	5:25	93	17:52	324	17:52
Leichtathletikhaf	2.00	11:11	5:35	114	4:42	400	5:08	10.00	54:35	5:27	98	22:34	354	23:00