



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Urban, Rene

Club: Lengfeld

Number: 1132

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 57:55

Speed: 10.36 km/h

Running performance: 5:47 min/km

Rank in course/Total: 497 (of 637)

Rank in course/Men: 419 (of 493)

Best time in course: 31:35

Rank in category: 118(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 | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | Pos Men | Behind Men |
| Runde Langstrec | 2.00 | 10:50 | 5:25 | 88 | 4:33 | 306 | 4:33 | 2.00 | 10:50 | 5:25 | 94 | 4:33 | 327 | 4:33 |
| Runde Langstrec | 2.00 | 11:23 | 5:41 | 118 | 5:00 | 425 | 5:00 | 4.00 | 22:13 | 5:33 | 94 | 9:33 | 327 | 9:33 |
| Runde Langstrec | 2.00 | 12:05 | 6:02 | 124 | 5:37 | 456 | 5:37 | 6.00 | 34:18 | 5:42 | 94 | 15:10 | 326 | 15:10 |
| Runde Langstrec | 2.00 | 12:11 | 6:05 | 125 | 5:47 | 452 | 5:47 | 8.00 | 46:29 | 5:48 | 94 | 20:57 | 325 | 20:57 |
| Leichtathletikh | 2.00 | 11:26 | 5:43 | 118 | 4:57 | 422 | 5:23 | 10.00 | 57:55 | 5:47 | 118 | 25:54 | 419 | 26:20 |