



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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	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
Leichtathletikhal	2.00	11:26	5:43	118	4:57	422	5:23	10.00	57:55	5:47	118	25:54	419	26:20