



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

### Rebenschütz, Kay

Club: Erfurt  
Number: 1275

Course: 10.00 km  
Vintage VDB Lauf

Category:  
Senioren M40 (40-49 Jahre)

Total time: 54:49

Speed: 10.95 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 412 (of 637)

Rank in course/Men: 362 (of 493)

Best time in course: 31:35

Rank in category: 98(of 135)

Best time in the category: 33:35

### Intermediate times

### Stage score

### Total ranking

| Control         | Split km | Split Time | Split min/km | Pos  |     | Behind |      | Total |       | Total  |      | Total |       | Pos   |    | Behind |       |       |
|-----------------|----------|------------|--------------|------|-----|--------|------|-------|-------|--------|------|-------|-------|-------|----|--------|-------|-------|
|                 |          |            |              | Cat. | Men | Cat.   | Men  | km    | Time  | min/km | Cat. | Men   | Cat.  | Men   |    |        |       |       |
| Runde Langstrec | 2.00     | 11:46      | 5:53         | 111  | 406 | 5:18   | 5:29 | 2.00  | 11:46 | 5:53   | 93   | 342   | 5:18  | 5:29  | 93 | 342    | 5:18  | 5:29  |
| Runde Langstrec | 2.00     | 10:47      | 5:23         | 100  | 364 | 4:05   | 4:24 | 4.00  | 22:33 | 5:38   | 93   | 342   | 9:23  | 9:53  | 93 | 342    | 9:23  | 9:53  |
| Runde Langstrec | 2.00     | 10:51      | 5:25         | 98   | 354 | 3:59   | 4:23 | 6.00  | 33:24 | 5:33   | 93   | 341   | 13:22 | 14:16 | 93 | 341    | 13:22 | 14:16 |
| Runde Langstrec | 2.00     | 10:51      | 5:25         | 97   | 341 | 4:05   | 4:27 | 8.00  | 44:15 | 5:31   | 92   | 340   | 17:27 | 18:43 | 92 | 340    | 17:27 | 18:43 |
| Leichtathletikh | 2.00     | 10:34      | 5:16         | 96   | 336 | 3:47   | 4:31 | 10.00 | 54:49 | 5:28   | 98   | 362   | 21:14 | 23:14 | 98 | 362    | 21:14 | 23:14 |