



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