



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Priesel, René

Club: SV Thuringia Königsee

Number: 1566

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 56:05

Speed: 10.70 km/h

Running performance: 5:37 min/km

Rank in course/Total: 445 (of 637)

Rank in course/Men: 386 (of 493)

Best time in course: 31:35

Rank in category: 106(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	11:22	5:41	98	5:05	362	5:05	2.00	11:22	5:41	98	5:05	344	5:05	
Runde Langstrec	2.00	11:00	5:30	107	4:37	389	4:37	4.00	22:22	5:35	98	9:42	344	9:42	
Runde Langstrec	2.00	11:19	5:39	114	4:51	406	4:51	6.00	33:41	5:36	98	14:33	343	14:33	
Runde Langstrec	2.00	11:18	5:39	111	4:54	393	4:54	8.00	44:59	5:37	98	19:27	342	19:27	
Leichtathletikh	2.00	11:06	5:32	110	4:37	388	5:03	10.00	56:05	5:36	106	24:04	386	24:30	