



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Silge, Marco

Club: N3 Sportverein e.V.

Number: 1327

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 55:50

Speed: 10.75 km/h

Running performance: 5:35 min/km

Rank in course/Total: 437 (of 637)

Rank in course/Men: 381 (of 493)

Best time in course: 31:35

Rank in category: 105(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 | 12:06 | 6:02 | 116 | 5:49 | 430 | 5:49 | 2.00 | 12:06 | 6:02 | 100 | 5:49 | 347 | 5:49 | |
| Runde Langstrec | 2.00 | 11:06 | 5:32 | 109 | 4:43 | 398 | 4:43 | 4.00 | 23:12 | 5:47 | 100 | 10:32 | 347 | 10:32 | |
| Runde Langstrec | 2.00 | 11:09 | 5:34 | 110 | 4:41 | 391 | 4:41 | 6.00 | 34:21 | 5:43 | 100 | 15:13 | 346 | 15:13 | |
| Runde Langstrec | 2.00 | 11:08 | 5:33 | 107 | 4:44 | 379 | 4:44 | 8.00 | 45:29 | 5:41 | 100 | 19:57 | 345 | 19:57 | |
| Leichtathletikh | 2.00 | 10:21 | 5:10 | 91 | 3:52 | 310 | 4:18 | 10.00 | 55:50 | 5:35 | 105 | 23:49 | 381 | 24:15 | |