



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