



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hempel, Matthias

Club: Triathlon-Club-Suhl

Number: 1719

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:07

Speed: 12.22 km/h

Running performance: 4:55 min/km

Rank in course/Total: 232 (of 637)

Rank in course/Men: 217 (of 493)

Best time in course: 31:35

Rank in category: 64(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	9:59	4:59	60	3:31	224	3:42	2.00	9:59	4:59	95	3:31	350	3:42
Runde Langstrec	2.00	9:30	4:45	57	2:48	192	3:07	4.00	19:29	4:52	95	6:19	350	6:49
Runde Langstrec	2.00	9:52	4:56	63	3:00	224	3:24	6.00	29:21	4:53	95	9:19	349	10:13
Runde Langstrec	2.00	10:00	5:00	67	3:14	231	3:36	8.00	39:21	4:55	94	12:33	348	13:49
Leichtathletikhal	2.00	9:46	4:53	67	2:59	232	3:43	10.00	49:07	4:54	64	15:32	217	17:32