



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Feuer, Gerd

Club: Erfurt

Number: 1683

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:39

Speed: 12.08 km/h

Running performance: 4:58 min/km

Rank in course/Total: 247 (of 637)

Rank in course/Men: 229 (of 493)

Best time in course: 31:35

Rank in category: 68(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	10:40	5:19	80	4:12	291	4:23	2.00	10:40	5:19	96	4:12	269	4:23
Runde Langstrec	2.00	9:46	4:53	66	3:04	226	3:23	4.00	20:26	5:06	96	7:16	352	7:46
Runde Langstrec	2.00	9:47	4:53	61	2:55	217	3:19	6.00	30:13	5:02	96	10:11	351	11:05
Runde Langstrec	2.00	9:49	4:54	62	3:03	204	3:25	8.00	40:02	5:00	95	13:14	350	14:30
Leichtathletikh	2.00	9:37	4:48	62	2:50	212	3:34	10.00	49:39	4:57	68	16:04	229	18:04