



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Köppe, Jan

Club: SV Fortuna Körner

Number: 1286

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 51:44

Speed: 11.60 km/h

Running performance: 5:10 min/km

Rank in course/Total: 308 (of 637)

Rank in course/Men: 277 (of 493)

Best time in course: 31:35

Rank in category: 82(of 133)

Best time in the category: 32:01

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde Langstrec	2.00	11:42	5:50	107	5:25	394	5:25	2.00	11:42	5:50	69	5:25	224	5:25
Runde Langstrec	2.00	10:20	5:10	88	3:57	302	3:57	4.00	22:02	5:30	101	9:22	237	9:22
Runde Langstrec	2.00	10:12	5:05	82	3:44	267	3:44	6.00	32:14	5:22	101	13:06	227	13:06
Runde Langstrec	2.00	10:08	5:03	75	3:44	245	3:44	8.00	42:22	5:17	68	16:50	211	16:50
Leichtathletikh	2.00	9:22	4:41	64	2:53	180	3:19	10.00	51:44	5:10	82	19:43	277	20:09