



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Siegling, Michael

Club: GutsMuts Rennsteiglaufverein

Number: 1081

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 55:45

Speed: 10.76 km/h

Running performance: 5:35 min/km

Rank in course/Total: 435 (of 637)

Rank in course/Men: 379 (of 493)

Best time in course: 31:35

Rank in category: 105(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	12:23	6:11	121	5:55	442	6:06	2.00	12:23	6:11	97	5:55	357	6:06
Runde Langstrec	2.00	10:54	5:27	106	4:12	380	4:31	4.00	23:17	5:49	97	10:07	357	10:37
Runde Langstrec	2.00	10:48	5:24	96	3:56	348	4:20	6.00	34:05	5:40	97	14:03	356	14:57
Runde Langstrec	2.00	10:59	5:29	102	4:13	357	4:35	8.00	45:04	5:38	96	18:16	355	19:32
Leichtathletikh	2.00	10:41	5:20	102	3:54	350	4:38	10.00	55:45	5:34	105	22:10	379	24:10