



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schilling, Nils

Number: 1714

Course: 10.00 km

Vintage VDB Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 55:17

Speed: 10.85 km/h

Running performance: 5:32 min/km

Rank in course/Total: 429 (of 637)

Rank in course/Men: 376 (of 493)

Best time in course: 31:35

Rank in category: 17(of 21)

Best time in the category: 33:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	11:17	5:38	18	5:00	352	5:00	2.00	11:17	5:38	9	0:45	230	5:00
Runde Langstrec	2.00	10:15	5:07	14	3:45	292	3:52	4.00	21:32	5:23	9		358	8:52
Runde Langstrec	2.00	10:16	5:08	12	3:28	276	3:48	6.00	31:48	5:17	9		357	12:40
Runde Langstrec	2.00	11:15	5:37	16	4:28	387	4:51	8.00	43:03	5:22	9		356	17:31
Leichtathletikh	2.00	12:14	6:06	19	5:33	453	6:11	10.00	55:17	5:31	17	22:14	376	23:42