



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Frenzel, Steffen

Club: Ingelheim

Number: 1256

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 1:00:08

Speed: 9.98 km/h

Running performance: 6:01 min/km

Rank in course/Total: 558 (of 637)

Rank in course/Men: 457 (of 493)

Best time in course: 31:35

Rank in category: 66(of 69)

Best time in the category: 31:35

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	12:31	6:15	66	6:14	455	6:14	2.00	12:31	6:15	2		359	6:14
Runde Langstrec	2.00	11:57	5:58	68	5:34	469	5:34	4.00	24:28	6:06	2	0:53	359	11:48
Runde Langstrec	2.00	11:40	5:49	64	5:12	431	5:12	6.00	36:08	6:01	2	1:55	358	17:00
Runde Langstrec	2.00	12:10	6:04	66	5:46	450	5:46	8.00	48:18	6:02	10		357	22:46
Leichtathletikh	2.00	11:50	5:55	64	5:47	438	5:47	10.00	1:00:08	6:00	66	28:33	457	28:33