



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Grimmer, Thomas

Number: 1716

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:49

Speed: 10.95 km/h

Running performance: 5:29 min/km

Rank in course/Total: 413 (of 637)

Rank in course/Men: 362 (of 493)

Best time in course: 31:35

Rank in category: 98(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	12:26	6:13	124	5:58	450	6:09	2.00	12:26	6:13	82	5:58	295	6:09
Runde Langstrec	2.00	10:39	5:19	93	3:57	350	4:16	4.00	23:05	5:46	100	9:55	365	10:25
Runde Langstrec	2.00	10:41	5:20	93	3:49	338	4:13	6.00	33:46	5:37	100	13:44	364	14:38
Runde Langstrec	2.00	10:39	5:19	92	3:53	322	4:15	8.00	44:25	5:33	99	17:37	363	18:53
Leichtathletikhal	2.00	10:24	5:12	88	3:37	314	4:21	10.00	54:49	5:28	98	21:14	362	23:14