



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Koch, Stefan

Club: SC Fortuna Erfurt 96

Number: 1698

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 50:48

Speed: 11.81 km/h

Running performance: 5:05 min/km

Rank in course/Total: 283 (of 637)

Rank in course/Men: 257 (of 493)

Best time in course: 31:35

Rank in category: 74(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. | Pos Men | Behind Men | Total | | Total | | Total | | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------|-------|--------|-----|--------|-----|-------------|----------------|------------|---------------|
| | | | | | | | | km | Time | min/km | Pos | Behind | Pos | | | | |
| Runde Langstrec | 2.00 | 10:36 | 5:17 | 75 | 4:08 | 276 | 4:19 | 2.00 | 10:36 | 5:17 | 101 | 4:08 | 185 | 4:19 | | | |
| Runde Langstrec | 2.00 | 9:52 | 4:56 | 70 | 3:10 | 246 | 3:29 | 4.00 | 20:28 | 5:06 | 101 | 7:18 | 166 | 7:48 | | | |
| Runde Langstrec | 2.00 | 9:56 | 4:58 | 69 | 3:04 | 233 | 3:28 | 6.00 | 30:24 | 5:03 | 101 | 10:22 | 176 | 11:16 | | | |
| Runde Langstrec | 2.00 | 9:54 | 4:57 | 64 | 3:08 | 214 | 3:30 | 8.00 | 40:18 | 5:02 | 100 | 13:30 | 364 | 14:46 | | | |
| Leichtathletikh | 2.00 | 10:30 | 5:15 | 92 | 3:43 | 326 | 4:27 | 10.00 | 50:48 | 5:04 | 74 | 17:13 | 257 | 19:13 | | | |