



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rödiger, Frank

Club: Naturfreunde

Number: 1051

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:06

Speed: 13.30 km/h

Running performance: 4:31 min/km

Rank in course/Total: 131 (of 637)

Rank in course/Men: 126 (of 493)

Best time in course: 31:35

Rank in category: 49(of 133)

Best time in the category: 32:01

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	9:28	4:44	63	3:11	181	3:11	2.00	9:28	4:44	102	3:11	367	3:11
Runde Langstrec	2.00	8:52	4:26	51	2:29	126	2:29	4.00	18:20	4:34	102	5:40	367	5:40
Runde Langstrec	2.00	9:06	4:32	51	2:38	128	2:38	6.00	27:26	4:34	102	8:18	366	8:18
Runde Langstrec	2.00	9:08	4:33	50	2:44	123	2:44	8.00	36:34	4:34	102	11:02	365	11:02
Leichtathletikh	2.00	8:32	4:15	43	2:03	86	2:29	10.00	45:06	4:30	49	13:05	126	13:31