



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Janz, Torsten**

Club: Erfurt  
Number: 1530

Course: 10.00 km  
Vintage VDB Lauf

Category:  
Senioren M30 (30-39 Jahre)

Total time: 1:05:57

Speed: 9.10 km/h  
Running performance: 6:36 min/km

Rank in course/Total: 609 (of 637)

Rank in course/Men: 478 (of 493)

Best time in course: 31:35

Rank in category: 131(of 133)

Best time in the category: 32:01

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde Langstrec | 2.00        | 13:27         | 6:43            | 132         | 7:10           | 484         | 7:10          | 2.00          | 13:27         | 6:43            | 103         | 7:10           | 368        | 7:10          |
| Runde Langstrec | 2.00        | 12:30         | 6:15            | 131         | 6:07           | 482         | 6:07          | 4.00          | 25:57         | 6:29            | 103         | 13:17          | 368        | 13:17         |
| Runde Langstrec | 2.00        | 12:53         | 6:26            | 131         | 6:25           | 479         | 6:25          | 6.00          | 38:50         | 6:28            | 103         | 19:42          | 367        | 19:42         |
| Runde Langstrec | 2.00        | 13:24         | 6:42            | 132         | 7:00           | 479         | 7:00          | 8.00          | 52:14         | 6:31            | 103         | 26:42          | 366        | 26:42         |
| Leichtathletikh | 2.00        | 13:43         | 6:51            | 131         | 7:14           | 480         | 7:40          | 10.00         | 1:05:57       | 6:35            | 131         | 33:56          | 478        | 34:22         |