



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Müller, Wolfram

Club: Linderbach

Number: 1292

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 49:10

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 234 (of 637)

Rank in course/Men: 218 (of 493)

Best time in course: 31:35

Rank in category: 72(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	9:10	4:34	48	2:53	142	2:53	2.00	9:10	4:34	106	2:53	106	2:53	
Runde Langstrec	2.00	9:48	4:54	76	3:25	233	3:25	4.00	18:58	4:44	106	6:18	209	6:18	
Runde Langstrec	2.00	10:10	5:04	80	3:42	258	3:42	6.00	29:08	4:51	106	10:00	208	10:00	
Runde Langstrec	2.00	10:16	5:08	79	3:52	262	3:52	8.00	39:24	4:55	106	13:52	172	13:52	
Leichtathletikh	2.00	9:46	4:53	74	3:17	232	3:43	10.00	49:10	4:54	72	17:09	218	17:35	