



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wich-Heiter, Frank

Club: Germania Georgenthal

Number: 1619

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:34

Speed: 11.20 km/h

Running performance: 5:22 min/km

Rank in course/Total: 368 (of 637)

Rank in course/Men: 328 (of 493)

Best time in course: 31:35

Rank in category: 90(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	11:14	5:36	89	4:46	346	4:57	2.00	11:14	5:36	102	4:46	223	4:57
Runde Langstrec	2.00	10:46	5:23	99	4:04	361	4:23	4.00	22:00	5:30	102	8:50	275	9:20
Runde Langstrec	2.00	10:39	5:19	92	3:47	334	4:11	6.00	32:39	5:26	69	12:37	215	13:31
Runde Langstrec	2.00	10:35	5:17	88	3:49	308	4:11	8.00	43:14	5:24	101	16:26	214	17:42
Leichtathletikh	2.00	10:20	5:10	86	3:33	308	4:17	10.00	53:34	5:21	90	19:59	328	21:59