



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Becker, David

Club: Erfurt

Number: 1318

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 58:10

Speed: 10.32 km/h

Running performance: 5:49 min/km

Rank in course/Total: 506 (of 637)

Rank in course/Men: 426 (of 493)

Best time in course: 31:35

Rank in category: 119(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	11:47	5:53	112	5:30	408	5:30	2.00	11:47	5:53	108	5:30	379	5:30	
Runde Langstrec	2.00	11:13	5:36	112	4:50	411	4:50	4.00	23:00	5:45	108	10:20	379	10:20	
Runde Langstrec	2.00	11:41	5:50	120	5:13	433	5:13	6.00	34:41	5:46	108	15:33	378	15:33	
Runde Langstrec	2.00	11:54	5:57	120	5:30	439	5:30	8.00	46:35	5:49	107	21:03	376	21:03	
Leichtathletikh	2.00	11:35	5:47	119	5:06	430	5:32	10.00	58:10	5:48	119	26:09	426	26:35	