



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Frießleben, Robert

Club: Jena

Number: 1281

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 1:08:28

Speed: 8.76 km/h

Running performance: 6:51 min/km

Rank in course/Total: 621 (of 637)

Rank in course/Men: 482 (of 493)

Best time in course: 31:35

Rank in category: 132(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	13:31	6:45	132	7:03	485	7:14	2.00	13:31	6:45	103	7:03	380	7:14
Runde Langstrec	2.00	13:04	6:31	133	6:22	486	6:41	4.00	26:35	6:38	103	13:25	380	13:55
Runde Langstrec	2.00	13:44	6:51	133	6:52	484	7:16	6.00	40:19	6:43	103	20:17	379	21:11
Runde Langstrec	2.00	14:26	7:13	133	7:40	483	8:02	8.00	54:45	6:50	133	27:57	487	29:13
Leichtathletikh	2.00	13:43	6:51	132	6:56	480	7:40	10.00	1:08:28	6:50	132	34:53	482	36:53