



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dell, Uwe

Number: 1662

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:35

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 305 (of 637)

Rank in course/Men: 274 (of 493)

Best time in course: 31:35

Rank in category: 76(of 135)

Best time in the category: 33:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men			
Runde Langstrec	2.00	10:25	5:12	72	3:57	262	4:08	2.00	10:25	5:12	104	3:57	91	4:08			
Runde Langstrec	2.00	10:05	5:02	74	3:23	266	3:42	4.00	20:30	5:07	104	7:20	381	7:50			
Runde Langstrec	2.00	10:09	5:04	74	3:17	256	3:41	6.00	30:39	5:06	104	10:37	380	11:31			
Runde Langstrec	2.00	10:19	5:09	79	3:33	273	3:55	8.00	40:58	5:07	69	14:10	245	15:26			
Leichtathletikh	2.00	10:37	5:18	99	3:50	341	4:34	10.00	51:35	5:09	76	18:00	274	20:00			