



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Babeck, Thomas

Club: Erfurt

Number: 1189

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:18

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 362 (of 637)

Rank in course/Men: 323 (of 493)

Best time in course: 31:35

Rank in category: 88(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	11:04	5:31	87	4:36	327	4:47	2.00	11:04	5:31	105	4:36	383	4:47
Runde Langstrec	2.00	10:26	5:13	88	3:44	320	4:03	4.00	21:30	5:22	105	8:20	383	8:50
Runde Langstrec	2.00	10:38	5:18	90	3:46	329	4:10	6.00	32:08	5:21	105	12:06	214	13:00
Runde Langstrec	2.00	10:36	5:17	90	3:50	312	4:12	8.00	42:44	5:20	103	15:56	379	17:12
Leichtathletikhäl	2.00	10:34	5:16	96	3:47	336	4:31	10.00	53:18	5:19	88	19:43	323	21:43