



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Winterfield, Parick

Club: LG Running Spatz

Number: 1689

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 54:45

Speed: 10.96 km/h

Running performance: 5:29 min/km

Rank in course/Total: 405 (of 637)

Rank in course/Men: 357 (of 493)

Best time in course: 31:35

Rank in category: 99(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. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | | | | | | | | | |
| Runde Langstrec | 2.00 | 13:07 | 6:33 | 129 | 6:50 | 479 | 6:50 | 2.00 | 13:07 | 6:33 | 109 | 6:50 | 290 | 6:50 |
| Runde Langstrec | 2.00 | 11:32 | 5:46 | 121 | 5:09 | 441 | 5:09 | 4.00 | 24:39 | 6:09 | 109 | 11:59 | 384 | 11:59 |
| Runde Langstrec | 2.00 | 9:42 | 4:50 | 70 | 3:14 | 208 | 3:14 | 6.00 | 34:21 | 5:43 | 100 | 15:13 | 346 | 15:13 |
| Runde Langstrec | 2.00 | 10:17 | 5:08 | 80 | 3:53 | 266 | 3:53 | 8.00 | 44:38 | 5:34 | 108 | 19:06 | 380 | 19:06 |
| Leichtathletikh | 2.00 | 10:07 | 5:03 | 85 | 3:38 | 279 | 4:04 | 10.00 | 54:45 | 5:28 | 99 | 22:44 | 357 | 23:10 |