



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Pausch, Enrico

Club: Erfurt
Number: 1077

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M40 (40-49 Jahre)

Total time: 52:59

Speed: 11.32 km/h
Running performance: 5:18 min/km

Rank in course/Total: 352 (of 637)

Rank in course/Men: 314 (of 493)

Best time in course: 31:35

Rank in category: 84(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	11:17	5:38	90	4:49	352	5:00	2.00	11:17	5:38	106	4:49	230	5:00
Runde Langstrec	2.00	10:27	5:13	90	3:45	323	4:04	4.00	21:44	5:26	106	8:34	385	9:04
Runde Langstrec	2.00	10:37	5:18	88	3:45	326	4:09	6.00	32:21	5:23	106	12:19	384	13:13
Runde Langstrec	2.00	10:36	5:17	90	3:50	312	4:12	8.00	42:57	5:22	62	16:09	210	17:25
Leichtathletikh	2.00	10:02	5:00	78	3:15	272	3:59	10.00	52:59	5:17	84	19:24	314	21:24