



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dalbert, Frank

Club: Chaosteam - RSL

Number: 1217

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:55

Speed: 11.13 km/h

Running performance: 5:23 min/km

Rank in course/Total: 378 (of 637)

Rank in course/Men: 336 (of 493)

Best time in course: 31:35

Rank in category: 92(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	10:28	5:14	73	4:00	265	4:11	2.00	10:28	5:14	108	4:00	205	4:11
Runde Langstrec	2.00	10:48	5:24	101	4:06	365	4:25	4.00	21:16	5:18	91	8:06	333	8:36
Runde Langstrec	2.00	10:58	5:29	103	4:06	366	4:30	6.00	32:14	5:22	108	12:12	227	13:06
Runde Langstrec	2.00	11:05	5:32	105	4:19	371	4:41	8.00	43:19	5:24	106	16:31	386	17:47
Leichtathletikh	2.00	10:36	5:17	98	3:49	339	4:33	10.00	53:55	5:23	92	20:20	336	22:20