



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Alen, Maric

Number: 1688

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 54:14

Speed: 11.06 km/h

Running performance: 5:25 min/km

Rank in course/Total: 387 (of 637)

Rank in course/Men: 344 (of 493)

Best time in course: 31:35

Rank in category: 94(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.	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	11:44	5:51	110	5:27	400	5:27	2.00	11:44	5:51	110	5:27	393	5:27
Runde Langstrec	2.00	10:34	5:16	93	4:11	332	4:11	4.00	22:18	5:34	76	9:38	243	9:38
Runde Langstrec	2.00	10:37	5:18	94	4:09	326	4:09	6.00	32:55	5:29	110	13:47	230	13:47
Runde Langstrec	2.00	10:40	5:19	92	4:16	323	4:16	8.00	43:35	5:26	109	18:03	277	18:03
Leichtathletikh	2.00	10:39	5:19	99	4:10	344	4:36	10.00	54:14	5:25	94	22:13	344	22:39