



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kahl, Nico

Club: Neustadt am Rennsteig

Number: 1534

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 54:21

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 392 (of 637)

Rank in course/Men: 348 (of 493)

Best time in course: 31:35

Rank in category: 97(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	11:45	5:52	111	5:28	402	5:28	2.00	11:45	5:52	111	5:28	218	5:28
Runde Langstrec	2.00	10:44	5:21	102	4:21	357	4:21	4.00	22:29	5:37	111	9:49	298	9:49
Runde Langstrec	2.00	10:48	5:24	97	4:20	348	4:20	6.00	33:17	5:32	111	14:09	307	14:09
Runde Langstrec	2.00	10:49	5:24	94	4:25	337	4:25	8.00	44:06	5:30	110	18:34	393	18:34
Leichtathletikh	2.00	10:15	5:07	89	3:46	297	4:12	10.00	54:21	5:26	97	22:20	348	22:46