



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Sommerfeld, Andreas

Club: Erfurt

Number: 1068

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 55:12

Speed: 10.87 km/h

Running performance: 5:31 min/km

Rank in course/Total: 426 (of 637)

Rank in course/Men: 373 (of 493)

Best time in course: 31:35

Rank in category: 103(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	11:46	5:53	111	5:18	406	5:29	2.00	11:46	5:53	93	5:18	342	5:29
Runde Langstrec	2.00	10:42	5:20	95	4:00	355	4:19	4.00	22:28	5:36	112	9:18	341	9:48
Runde Langstrec	2.00	10:57	5:28	102	4:05	365	4:29	6.00	33:25	5:34	112	13:23	401	14:17
Runde Langstrec	2.00	11:06	5:32	106	4:20	374	4:42	8.00	44:31	5:33	110	17:43	397	18:59
Leichtathletikh	2.00	10:41	5:20	102	3:54	350	4:38	10.00	55:12	5:31	103	21:37	373	23:37