



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schlummer, Matthäus

Club: Erfurt
Number: 1476

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M30 (30-39 Jahre)

Total time: 56:37

Speed: 10.60 km/h
Running performance: 5:40 min/km

Rank in course/Total: 470 (of 637)

Rank in course/Men: 402 (of 493)

Best time in course: 31:35

Rank in category: 114(of 133)

Best time in the category: 32:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men			
Runde Langstrec	2.00	13:03	6:31	128	6:46	475	6:46	2.00	13:03	6:31	113	6:46	409	6:46			
Runde Langstrec	2.00	11:16	5:38	113	4:53	415	4:53	4.00	24:19	6:04	113	11:39	409	11:39			
Runde Langstrec	2.00	10:54	5:27	102	4:26	360	4:26	6.00	35:13	5:52	113	16:05	258	16:05			
Runde Langstrec	2.00	10:52	5:26	97	4:28	344	4:28	8.00	46:05	5:45	112	20:33	404	20:33			
Leichtathletikh	2.00	10:32	5:15	94	4:03	330	4:29	10.00	56:37	5:39	114	24:36	402	25:02			