



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wildner, Thorsten

Club: Fitness Crew 'Erfurt-Auf-Achse'

Number: 1067

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 1:00:41

Speed: 9.89 km/h

Running performance: 6:04 min/km

Rank in course/Total: 563 (of 637)

Rank in course/Men: 458 (of 493)

Best time in course: 31:35

Rank in category: 125(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	11:26	5:43	94	4:58	364	5:09	2.00	11:26	5:43	87	4:58	313	5:09
Runde Langstrec	2.00	11:48	5:54	128	5:06	465	5:25	4.00	23:14	5:48	74	10:04	257	10:34
Runde Langstrec	2.00	12:19	6:09	128	5:27	467	5:51	6.00	35:33	5:55	116	15:31	413	16:25
Runde Langstrec	2.00	12:40	6:19	127	5:54	466	6:16	8.00	48:13	6:01	114	21:25	409	22:41
Leichtathletikh	2.00	12:28	6:14	126	5:41	462	6:25	10.00	1:00:41	6:04	125	27:06	458	29:06