



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bormann, Marcus

Club: Lauffreunde - Schmira

Number: 1600

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 53:14

Speed: 11.27 km/h

Running performance: 5:19 min/km

Rank in course/Total: 361 (of 637)

Rank in course/Men: 322 (of 493)

Best time in course: 31:35

Rank in category: 90(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	11:39	5:49	105	5:22	386	5:22	2.00	11:39	5:49	116	5:22	243	5:22
Runde Langstrec	2.00	10:15	5:07	84	3:52	292	3:52	4.00	21:54	5:28	91	9:14	316	9:14
Runde Langstrec	2.00	10:24	5:12	87	3:56	297	3:56	6.00	32:18	5:22	116	13:10	334	13:10
Runde Langstrec	2.00	10:29	5:14	87	4:05	292	4:05	8.00	42:47	5:20	115	17:15	412	17:15
Leichtathletikhal	2.00	10:27	5:13	92	3:58	319	4:24	10.00	53:14	5:19	90	21:13	322	21:39