



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Krüger, Lars

Club: GutsMuths-Rennsteiglaufverein

Number: 1084

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 56:40

Speed: 10.59 km/h

Running performance: 5:40 min/km

Rank in course/Total: 471 (of 637)

Rank in course/Men: 403 (of 493)

Best time in course: 31:35

Rank in category: 113(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		Total		Total		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	11:22	5:41	93	4:54	362	5:05	2.00	11:22	5:41	118	4:54	344	5:05	
Runde Langstrec	2.00	11:02	5:30	110	4:20	394	4:39	4.00	22:24	5:35	118	9:14	419	9:44	
Runde Langstrec	2.00	11:19	5:39	115	4:27	406	4:51	6.00	33:43	5:37	99	13:41	363	14:35	
Runde Langstrec	2.00	11:29	5:44	118	4:43	414	5:05	8.00	45:12	5:39	116	18:24	414	19:40	
Leichtathletikh	2.00	11:28	5:44	122	4:41	423	5:25	10.00	56:40	5:39	113	23:05	403	25:05	