



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schmidt, Christian

Club: Rennsteiglaufverein

Number: 1474

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 49:16

Speed: 12.18 km/h

Running performance: 4:56 min/km

Rank in course/Total: 239 (of 637)

Rank in course/Men: 222 (of 493)

Best time in course: 31:35

Rank in category: 73(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	9:21	4:40	58	3:04	164	3:04	2.00	9:21	4:40	65	3:04	183	3:04	
Runde Langstrec	2.00	9:45	4:52	74	3:22	222	3:22	4.00	19:06	4:46	38	6:26	91	6:26	
Runde Langstrec	2.00	10:06	5:02	79	3:38	252	3:38	6.00	29:12	4:51	118	10:04	421	10:04	
Runde Langstrec	2.00	10:11	5:05	76	3:47	252	3:47	8.00	39:23	4:55	117	13:51	417	13:51	
Leichtathletikhal	2.00	9:53	4:56	80	3:24	256	3:50	10.00	49:16	4:55	73	17:15	222	17:41	