



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dittmar, Jens

Club: Ilmtal

Number: 1206

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 56:16

Speed: 10.66 km/h

Running performance: 5:38 min/km

Rank in course/Total: 452 (of 637)

Rank in course/Men: 389 (of 493)

Best time in course: 31:35

Rank in category: 108(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	9:32	4:46	65	3:15	185	3:15	2.00	9:32	4:46	37	3:15	87	3:15
Runde Langstrec	2.00	10:38	5:18	97	4:15	344	4:15	4.00	20:10	5:02	120	7:30	428	7:30
Runde Langstrec	2.00	11:20	5:40	115	4:52	408	4:52	6.00	31:30	5:15	120	12:22	335	12:22
Runde Langstrec	2.00	12:01	6:00	123	5:37	446	5:37	8.00	43:31	5:26	119	17:59	423	17:59
Leichtathletikhaf	2.00	12:45	6:22	128	6:16	467	6:42	10.00	56:16	5:37	108	24:15	389	24:41