



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hegenbarth, Christian

Club: FG Füssen

Number: 1647

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 56:14

Speed: 10.67 km/h

Running performance: 5:37 min/km

Rank in course/Total: 450 (of 637)

Rank in course/Men: 388 (of 493)

Best time in course: 31:35

Rank in category: 107(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	12:08	6:03	117	5:51	432	5:51	2.00	12:08	6:03	121	5:51	429	5:51	
Runde Langstrec	2.00	11:08	5:33	110	4:45	402	4:45	4.00	23:16	5:48	121	10:36	429	10:36	
Runde Langstrec	2.00	10:59	5:29	104	4:31	369	4:31	6.00	34:15	5:42	121	15:07	428	15:07	
Runde Langstrec	2.00	11:14	5:36	109	4:50	384	4:50	8.00	45:29	5:41	100	19:57	345	19:57	
Leichtathletikh	2.00	10:45	5:22	103	4:16	361	4:42	10.00	56:14	5:37	107	24:13	388	24:39	