



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

weise, nikolai

Club: tsv bad endorf

Number: 106

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 20:58

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 166 (of 446)

Rank in course/Men: 132 (of 278)

Best time in course: 12:07

Rank in category: 29(of 60)

Best time in the category: 14:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Kurzstrecke	2.00	10:55	5:27	32	4:00	150	4:47	2.00	10:55	5:27	47		84	4:47
Leichtathletikhalle	2.00	10:03	5:01	26	2:46	115	4:04	4.00	20:58	5:14	29	6:46	132	8:51