



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Heinricht, Mario

Club: Osthäuser SV

Number: 43

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:44

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 197 (of 446)

Rank in course/Men: 153 (of 278)

Best time in course: 12:07

Rank in category: 31(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	11:07	5:33	33	4:12	159	4:59	2.00	11:07	5:33	48		88	4:59
Leichtathletikhalle	2.00	10:37	5:18	35	3:20	149	4:38	4.00	21:44	5:26	31	7:32	153	9:37