



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Mäder, Bernd

Club: SV Kyffhäuser

Number: 170

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M70 (70 und älter Jahre)

Total time: 21:27

Speed: 11.19 km/h

Running performance: 5:22 min/km

Rank in course/Total: 185 (of 446)

Rank in course/Men: 149 (of 278)

Best time in course: 12:07

Rank in category: 2(of 5)

Best time in the category: 19:20

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	11:00	5:30	2	1:35	154	4:52	2.00	11:00	5:30	2	1:35	92	4:52
Leichtathletikhalle	2.00	10:27	5:13	2	0:32	142	4:28	4.00	21:27	5:21	2	2:07	149	9:20