



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Voß, Bernd

Club: Sparkasse Mittelthüringen

Number: 103

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 21:45

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 200 (of 446)

Rank in course/Men: 154 (of 278)

Best time in course: 12:07

Rank in category: 12(of 35)

Best time in the category: 15:26

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	10:59	5:29	14	3:22	153	4:51	2.00	10:59	5:29	29		121	4:51
Leichtathletikhalle	2.00	10:46	5:23	13	2:57	158	4:47	4.00	21:45	5:26	12	6:19	154	9:38