



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Klauke, Heiner

Club: Elxleben

Number: 101

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 23:09

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 261 (of 446)

Rank in course/Men: 192 (of 278)

Best time in course: 12:07

Rank in category: 42(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	10:37	5:18	29	3:42	135	4:29	2.00	10:37	5:18	56		87	4:29
Leichtathletikhalle	2.00	12:32	6:15	49	5:15	242	6:33	4.00	23:09	5:47	42	8:57	192	11:02