



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Alberti, Michael

Club: Mühlhausen

Number: 391

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 22:15

Speed: 10.79 km/h

Running performance: 5:34 min/km

Rank in course/Total: 221 (of 446)

Rank in course/Men: 168 (of 278)

Best time in course: 12:07

Rank in category: 15(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	10:21	5:10	9	2:44	121	4:13	2.00	10:21	5:10	33		75	4:13
Leichtathletikhalle	2.00	11:54	5:57	23	4:05	218	5:55	4.00	22:15	5:33	15	6:49	168	10:08