



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Jäger, Michael

Club: Erfurt

Number: 169

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 25:36

Speed: 9.38 km/h

Running performance: 6:24 min/km

Rank in course/Total: 367 (of 446)

Rank in course/Men: 248 (of 278)

Best time in course: 12:07

Rank in category: 27(of 35)

Best time in the category: 15:26

## Intermediate times

## Stage score

## Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|---------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde Kurzstrecke   | 2.00        | 13:11         | 6:35            | 26          | 5:34           | 252        | 7:03          | 2.00        | 13:11         | 6:35            | 34          |                | 146        | 7:03          |
| Leichtathletikhalle | 2.00        | 12:25         | 6:12            | 26          | 4:36           | 235        | 6:26          | 4.00        | 25:36         | 6:24            | 27          | 10:10          | 248        | 13:29         |