



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Mönch, Volker

Club: LG Dosenbier n.e.V.

Number: 121

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 24:09

Speed: 9.94 km/h

Running performance: 6:02 min/km

Rank in course/Total: 320 (of 446)

Rank in course/Men: 225 (of 278)

Best time in course: 12:07

Rank in category: 49(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	12:57	6:28	56	6:02	244	6:49	2.00	12:57	6:28	59	1:49	148	6:49
Leichtathletikhalle	2.00	11:12	5:35	43	3:55	187	5:13	4.00	24:09	6:02	49	9:57	225	12:02