



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Stolze, Jens**

Club: MTV Erfurt

Number: 288

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 27:10

Speed: 8.83 km/h

Running performance: 6:47 min/km

Rank in course/Total: 404 (of 446)

Rank in course/Men: 264 (of 278)

Best time in course: 12:07

Rank in category: 57(of 60)

Best time in the category: 14:12

## 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        | 13:39         | 6:49            | 58          | 6:44           | 262        | 7:31          | 2.00        | 13:39         | 6:49            | 16          | 2:31           | 157        | 7:31          |
| Leichtathletikhalle | 2.00        | 13:31         | 6:45            | 55          | 6:14           | 261        | 7:32          | 4.00        | 27:10         | 6:47            | 57          | 12:58          | 264        | 15:03         |