



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Glaß, Michael

Club: Schkauditzer Läufer

Number: 41

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 28:54

Speed: 8.30 km/h

Running performance: 7:13 min/km

Rank in course/Total: 424 (of 446)

Rank in course/Men: 271 (of 278)

Best time in course: 12:07

Rank in category: 60(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        | 12:53         | 6:26            | 55          | 5:58           | 242        | 6:45          | 2.00        | 12:53         | 6:26            | 5           | 1:45           | 168        | 6:45          |
| Leichtathletikhalle | 2.00        | 16:01         | 8:00            | 60          | 8:44           | 273        | 10:02         | 4.00        | 28:54         | 7:13            | 60          | 14:42          | 271        | 16:47         |