



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hiese, Bernd

Club: SLG Bad Langensalza

Number: 48

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 23:40

Speed: 10.14 km/h

Running performance: 5:55 min/km

Rank in course/Total: 298 (of 446)

Rank in course/Men: 211 (of 278)

Best time in course: 12:07

Rank in category: 21(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	12:20	6:10	23	4:43	217	6:12	2.00	12:20	6:10	2		140	6:12
Leichtathletikhalle	2.00	11:20	5:40	17	3:31	192	5:21	4.00	23:40	5:55	21	8:14	211	11:33