



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Jaeger, Frank

Club: SV Sömmerda e.V.

Number: 137

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 15:26

Speed: 15.55 km/h

Running performance: 3:52 min/km

Rank in course/Total: 22 (of 446)

Rank in course/Men: 21 (of 278)

Best time in course: 12:07

Rank in category: 1(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	7:37	3:48	1	-	22	1:29	2.00	7:37	3:48	28		5	1:29
Leichtathletikhalle	2.00	7:49	3:54	1	-	19	1:50	4.00	15:26	3:51	1	-	21	3:19