



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Minzenmay, Eberhard**

Club: SC impuls

Number: 219

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M70 (70 und älter Jahre)

Total time: 25:11

Speed: 9.53 km/h

Running performance: 6:18 min/km

Rank in course/Total: 346 (of 446)

Rank in course/Men: 234 (of 278)

Best time in course: 12:07

Rank in category: 4(of 5)

Best time in the category: 19:20

## 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        | 12:34         | 6:16            | 4           | 3:09           | 234        | 6:26          | 2.00        | 12:34         | 6:16            | 4           | 3:09           | 184        | 6:26          |
| Leichtathletikhalle | 2.00        | 12:37         | 6:18            | 4           | 2:42           | 244        | 6:38          | 4.00        | 25:11         | 6:17            | 4           | 5:51           | 234        | 13:04         |