



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Spittel, Peer

Number: 481

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:53

Speed: 10.97 km/h

Running performance: 5:28 min/km

Rank in course/Total: 205 (of 446)

Rank in course/Men: 159 (of 278)

Best time in course: 12:07

Rank in category: 35(of 60)

Best time in the category: 14:12

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	11:25	5:42	37	4:30	177	5:17	2.00	11:25	5:42	9	0:17	188	5:17
Leichtathletikhalle	2.00	10:28	5:14	34	3:11	146	4:29	4.00	21:53	5:28	35	7:41	159	9:46