



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Henkel, Uwe

Club: SV Thuringia Königsee

Number: 57

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M60 (60-69 Jahre)

Total time: 21:11

Speed: 11.33 km/h

Running performance: 5:18 min/km

Rank in course/Total: 173 (of 446)

Rank in course/Men: 138 (of 278)

Best time in course: 12:07

Rank in category: 8(of 16)

Best time in the category: 17:47

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde Kurzstrecke	2.00	10:36	5:17	7	1:48	134	4:28	2.00	10:36	5:17	12	1:09	189	4:28
Leichtathletikhalle	2.00	10:35	5:17	9	1:36	148	4:36	4.00	21:11	5:17	8	3:24	138	9:04