



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rempt, Thomas

Club: Erfurt

Number: 54

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 22:45

Speed: 10.55 km/h

Running performance: 5:41 min/km

Rank in course/Total: 240 (of 446)

Rank in course/Men: 178 (of 278)

Best time in course: 12:07

Rank in category: 16(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	12:03	6:01	20	4:26	205	5:55	2.00	12:03	6:01	13		151	5:55
Leichtathletikhalle	2.00	10:42	5:20	11	2:53	153	4:43	4.00	22:45	5:41	16	7:19	178	10:38