



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Minale, Marcello

Club: Victoria Park Harriers

Number: 180

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 23:16

Speed: 10.32 km/h

Running performance: 5:49 min/km

Rank in course/Total: 271 (of 446)

Rank in course/Men: 197 (of 278)

Best time in course: 12:07

Rank in category: 43(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	12:21	6:10	46	5:26	220	6:13	2.00	12:21	6:10	14	1:13	214	6:13
Leichtathletikhalle	2.00	10:55	5:27	40	3:38	167	4:56	4.00	23:16	5:48	43	9:04	197	11:09