



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Windrich, Andeas

Club: Erfurt

Number: 212

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:48

Speed: 10.08 km/h

Running performance: 5:57 min/km

Rank in course/Total: 309 (of 446)

Rank in course/Men: 218 (of 278)

Best time in course: 12:07

Rank in category: 29(of 41)

Best time in the category: 13:21

## 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        | 12:13         | 6:06            | 26          | 5:32           | 212        | 6:05          | 2.00        | 12:13         | 6:06            | 15          | 0:42           | 128        | 6:05          |
| Leichtathletikhalle | 2.00        | 11:35         | 5:47            | 29          | 4:55           | 206        | 5:36          | 4.00        | 23:48         | 5:57            | 29          | 10:27          | 218        | 11:41         |