



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Seehof, Axel

Club: WCC Großwelsbach

Number: 135

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 18:37

Speed: 12.89 km/h

Running performance: 4:39 min/km

Rank in course/Total: 86 (of 446)

Rank in course/Men: 76 (of 278)

Best time in course: 12:07

Rank in category: 17(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	9:08	4:33	14	2:13	70	3:00	2.00	9:08	4:33	37		37	3:00
Leichtathletikhalle	2.00	9:29	4:44	18	2:12	87	3:30	4.00	18:37	4:39	17	4:25	76	6:30