



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Parade, Jens

Club: Erfurt

Number: 266

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 19:04

Speed: 12.59 km/h

Running performance: 4:46 min/km

Rank in course/Total: 103 (of 446)

Rank in course/Men: 87 (of 278)

Best time in course: 12:07

Rank in category: 19(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	10:08	5:03	23	3:13	105	4:00	2.00	10:08	5:03	41		49	4:00
Leichtathletikhalle	2.00	8:56	4:28	10	1:39	55	2:57	4.00	19:04	4:46	19	4:52	87	6:57