



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Jahn, Mirko

Club: SSV Erfurt Nord e. V.

Number: 39

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 18:52

Speed: 12.72 km/h

Running performance: 4:43 min/km

Rank in course/Total: 95 (of 446)

Rank in course/Men: 81 (of 278)

Best time in course: 12:07

Rank in category: 18(of 60)

Best time in the category: 14:12

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde Kurzstrecke	2.00	9:06	4:32	13	2:11	69	2:58	2.00	9:06	4:32	43		56	2:58
Leichtathletikhalle	2.00	9:46	4:53	24	2:29	105	3:47	4.00	18:52	4:43	18	4:40	81	6:45