



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Feest, Christoph

Club: Erfurt

Number: 322

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 18:08

Speed: 13.24 km/h

Running performance: 4:32 min/km

Rank in course/Total: 76 (of 446)

Rank in course/Men: 67 (of 278)

Best time in course: 12:07

Rank in category: 6(of 35)

Best time in the category: 15:26

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	9:35	4:47	6	1:58	90	3:27	2.00	9:35	4:47	21		59	3:27
Leichtathletikhalle	2.00	8:33	4:16	4	0:44	40	2:34	4.00	18:08	4:31	6	2:42	67	6:01