



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Krause, Uwe

Club: Alach

Number: 258

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 16:57

Speed: 14.16 km/h

Running performance: 4:14 min/km

Rank in course/Total: 42 (of 446)

Rank in course/Men: 37 (of 278)

Best time in course: 12:07

Rank in category: 3(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	8:33	4:16	4	0:56	48	2:25	2.00	8:33	4:16	17		70	2:25
Leichtathletikhalle	2.00	8:24	4:12	3	0:35	34	2:25	4.00	16:57	4:14	3	1:31	37	4:50