



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Elster, Klaus

Club: Erfurt

Number: 178

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 21:19

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 181 (of 446)

Rank in course/Men: 145 (of 278)

Best time in course: 12:07

Rank in category: 11(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	10:41	5:20	11	3:04	141	4:33	2.00	10:41	5:20	24		73	4:33
Leichtathletikhalle	2.00	10:38	5:18	10	2:49	150	4:39	4.00	21:19	5:19	11	5:53	145	9:12