



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bens, Michael

Club: Weimar

Number: 202

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 22:09

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 216 (of 446)

Rank in course/Men: 165 (of 278)

Best time in course: 12:07

Rank in category: 14(of 35)

Best time in the category: 15:26

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	11:12	5:35	15	3:35	168	5:04	2.00	11:12	5:35	25		81	5:04
Leichtathletikhalle	2.00	10:57	5:28	14	3:08	173	4:58	4.00	22:09	5:32	14	6:43	165	10:02