



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stauß, Andreas

Club: Martinus e.V.

Number: 166

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:52

Speed: 10.98 km/h

Running performance: 5:28 min/km

Rank in course/Total: 204 (of 446)

Rank in course/Men: 158 (of 278)

Best time in course: 12:07

Rank in category: 34(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	11:38	5:48	40	4:43	190	5:30	2.00	11:38	5:48	51	0:30	103	5:30
Leichtathletikhalle	2.00	10:14	5:06	29	2:57	127	4:15	4.00	21:52	5:28	34	7:40	158	9:45