



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Köll, Bodo

Number: 475

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 28:18

Speed: 8.48 km/h

Running performance: 7:05 min/km

Rank in course/Total: 418 (of 446)

Rank in course/Men: 267 (of 278)

Best time in course: 12:07

Rank in category: 58(of 60)

Best time in the category: 14:12

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	13:01	6:30	57	6:06	246	6:53	2.00	13:01	6:30	58	1:53	95	6:53
Leichtathletikhalle	2.00	15:17	7:38	59	8:00	272	9:18	4.00	28:18	7:04	58	14:06	267	16:11