



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Degner, Joachim

Club: ohne

Number: 359

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M60 (60-69 Jahre)

Total time: 22:53

Speed: 10.49 km/h

Running performance: 5:43 min/km

Rank in course/Total: 248 (of 446)

Rank in course/Men: 184 (of 278)

Best time in course: 12:07

Rank in category: 11(of 16)

Best time in the category: 17:47

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	11:44	5:51	14	2:56	195	5:36	2.00	11:44	5:51	11	2:17	156	5:36
Leichtathletikhalle	2.00	11:09	5:34	11	2:10	186	5:10	4.00	22:53	5:43	11	5:06	184	10:46