



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Joost, Steffen

Club: Dosenbier neV

Number: 44

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 23:57

Speed: 10.02 km/h

Running performance: 5:59 min/km

Rank in course/Total: 316 (of 446)

Rank in course/Men: 222 (of 278)

Best time in course: 12:07

Rank in category: 47(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	12:52	6:26	53	5:57	240	6:44	2.00	12:52	6:26	3	1:44	142	6:44
Leichtathletikhalle	2.00	11:05	5:32	42	3:48	180	5:06	4.00	23:57	5:59	47	9:45	222	11:50