



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Flaig, Jörn

Club: Erfurt
Number: 143

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Senioren M40 (40-49 Jahre)

Total time: 23:41

Speed: 10.13 km/h
Running performance: 5:55 min/km

Rank in course/Total: 299 (of 446)

Rank in course/Men: 213 (of 278)

Best time in course: 12:07

Rank in category: 44(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Kurzstrecke	2.00	11:09	5:34	35	4:14	163	5:01	2.00	11:09	5:34	4	0:01	117	5:01
Leichtathletikhalle	2.00	12:32	6:15	49	5:15	242	6:33	4.00	23:41	5:55	44	9:29	213	11:34