



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Meyer, Olaf

Club: FSV 1950 Gotha

Number: 173

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 17:01

Speed: 14.10 km/h

Running performance: 4:15 min/km

Rank in course/Total: 46 (of 446)

Rank in course/Men: 41 (of 278)

Best time in course: 12:07

Rank in category: 5(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	8:30	4:15	7	1:35	43	2:22	2.00	8:30	4:15	34		20	2:22
Leichtathletikhalle	2.00	8:31	4:15	5	1:14	39	2:32	4.00	17:01	4:15	5	2:49	41	4:54