



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dr. Wohlfarth, Kai

Number: 538

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 26:00

Speed: 9.23 km/h

Running performance: 6:30 min/km

Rank in course/Total: 375 (of 446)

Rank in course/Men: 252 (of 278)

Best time in course: 12:07

Rank in category: 53(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	12:49	6:24	51	5:54	238	6:41	2.00	12:49	6:24	8	1:41	186	6:41
Leichtathletikhalle	2.00	13:11	6:35	53	5:54	257	7:12	4.00	26:00	6:30	53	11:48	252	13:53