



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Henkel, Uwe

Club: SV Thuringia Königsee

Number: 57

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M60 (60-69 Jahre)

Total time: 21:11

Speed: 11.33 km/h

Running performance: 5:18 min/km

Rank in course/Total: 173 (of 446)

Rank in course/Men: 138 (of 278)

Best time in course: 12:07

Rank in category: 8(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 | 10:36 | 5:17 | 7 | 1:48 | 134 | 4:28 | 2.00 | 10:36 | 5:17 | 12 | 1:09 | 189 | 4:28 |
| Leichtathletikhalle | 2.00 | 10:35 | 5:17 | 9 | 1:36 | 148 | 4:36 | 4.00 | 21:11 | 5:17 | 8 | 3:24 | 138 | 9:04 |