



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Gärtner, Bernhard

Club: keiner

Number: 238

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M60 (60-69 Jahre)

Total time: 20:38

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 150 (of 446)

Rank in course/Men: 121 (of 278)

Best time in course: 12:07

Rank in category: 6(of 16)

Best time in the category: 17:47

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	10:34	5:16	6	1:46	130	4:26	2.00	10:34	5:16	13	1:07	208	4:26
Leichtathletikhalle	2.00	10:04	5:01	6	1:05	117	4:05	4.00	20:38	5:09	6	2:51	121	8:31