



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Langlotz, Swen

Club: Turmschnecken Cobstädt

Number: 38

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: 300 (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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Kurzstrecke	2.00	11:22	5:41	36	4:27	174	5:14	2.00	11:22	5:41	13	0:14	134	5:14
Leichtathletikhalle	2.00	12:19	6:09	47	5:02	230	6:20	4.00	23:41	5:55	44	9:29	213	11:34