



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

MAYER, HOLGER

Club: Tesat Spacerrunners

Number: 183

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 20:50

Speed: 11.52 km/h

Running performance: 5:13 min/km

Rank in course/Total: 157 (of 446)

Rank in course/Men: 126 (of 278)

Best time in course: 12:07

Rank in category: 28(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	10:33	5:16	28	3:38	129	4:25	2.00	10:33	5:16	20		232	4:25
Leichtathletikhalle	2.00	10:17	5:08	31	3:00	131	4:18	4.00	20:50	5:12	28	6:38	126	8:43