



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kraft, Ringo

Club: SV Concordia Riethnordhausen

Number: 42

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 16:23

Speed: 14.65 km/h

Running performance: 4:06 min/km

Rank in course/Total: 33 (of 446)

Rank in course/Men: 29 (of 278)

Best time in course: 12:07

Rank in category: 3(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	8:00	4:00	3	1:05	28	1:52	2.00	8:00	4:00	21		235	1:52
Leichtathletikhalle	2.00	8:23	4:11	4	1:06	33	2:24	4.00	16:23	4:05	3	2:11	29	4:16