



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Apel, Ewald**

Club: Erfurt  
Number: 260

Course: 4.00 km  
Pokal der Sparkasse Mittelthüringen

Category:  
Senioren M40 (40-49 Jahre)

Total time: 25:30

Speed: 9.41 km/h  
Running performance: 6:23 min/km

Rank in course/Total: 365 (of 446)

Rank in course/Men: 245 (of 278)

Best time in course: 12:07

Rank in category: 52(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	12:33	6:16	50	5:38	232	6:25	2.00	12:33	6:16	22	1:25	150	6:25
Leichtathletikhalle	2.00	12:57	6:28	52	5:40	253	6:58	4.00	25:30	6:22	52	11:18	245	13:23