



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Windrich, Andeas

Club: Erfurt
Number: 212

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Senioren M30 (30-39 Jahre)

Total time: 23:48

Speed: 10.08 km/h
Running performance: 5:57 min/km

Rank in course/Total: 309 (of 446)

Rank in course/Men: 218 (of 278)

Best time in course: 12:07

Rank in category: 29(of 41)

Best time in the category: 13:21

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	12:13	6:06	26	5:32	212	6:05	2.00	12:13	6:06	15	0:42	128	6:05
Leichtathletikhalle	2.00	11:35	5:47	29	4:55	206	5:36	4.00	23:48	5:57	29	10:27	218	11:41