



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stein, André

Club: Ultrarunner-team

Number: 472

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 28:31

Speed: 8.42 km/h

Running performance: 7:08 min/km

Rank in course/Total: 420 (of 446)

Rank in course/Men: 269 (of 278)

Best time in course: 12:07

Rank in category: 59(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	13:40	6:49	59	6:45	263	7:32	2.00	13:40	6:49	27	2:32	252	7:32
Leichtathletikhalle	2.00	14:51	7:25	58	7:34	268	8:52	4.00	28:31	7:07	59	14:19	269	16:24