



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stöhr, Michael

Club: Erfurt

Number: 138

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M60 (60-69 Jahre)

Total time: 18:59

Speed: 12.64 km/h

Running performance: 4:45 min/km

Rank in course/Total: 101 (of 446)

Rank in course/Men: 85 (of 278)

Best time in course: 12:07

Rank in category: 3(of 16)

Best time in the category: 17:47

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	9:27	4:43	3	0:39	86	3:19	2.00	9:27	4:43	1	-	50	3:19
Leichtathletikhalle	2.00	9:32	4:46	3	0:33	90	3:33	4.00	18:59	4:44	3	1:12	85	6:52