



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Walleit, Andreas

Club: LG Bad Frankenhausen/Göllingen

Number: 445

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 18:23

Speed: 13.06 km/h

Running performance: 4:36 min/km

Rank in course/Total: 80 (of 446)

Rank in course/Men: 71 (of 278)

Best time in course: 12:07

Rank in category: 15(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	9:19	4:39	15	2:24	76	3:11	2.00	9:19	4:39	31		64	3:11
Leichtathletikhalle	2.00	9:04	4:31	15	1:47	65	3:05	4.00	18:23	4:35	15	4:11	71	6:16