



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Engemann, Thomas

Club: Erfurt

Number: 55

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 19:42

Speed: 12.18 km/h

Running performance: 4:55 min/km

Rank in course/Total: 116 (of 446)

Rank in course/Men: 99 (of 278)

Best time in course: 12:07

Rank in category: 7(of 35)

Best time in the category: 15:26

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	10:15	5:07	8	2:38	114	4:07	2.00	10:15	5:07	23		72	4:07
Leichtathletikhalle	2.00	9:27	4:43	7	1:38	86	3:28	4.00	19:42	4:55	7	4:16	99	7:35