



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

weise, nikolai

Club: tsv bad endorf

Number: 106

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 20:58

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 166 (of 446)

Rank in course/Men: 132 (of 278)

Best time in course: 12:07

Rank in category: 29(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. | Stage score | | Total ranking | | | | | | | |
|---------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | |
| Runde Kurzstrecke | 2.00 | 10:55 | 5:27 | 32 | 4:00 | 150 | 4:47 | 2.00 | 10:55 | 5:27 | 47 | | | 84 | 4:47 |
| Leichtathletikhalle | 2.00 | 10:03 | 5:01 | 26 | 2:46 | 115 | 4:04 | 4.00 | 20:58 | 5:14 | 29 | 6:46 | | 132 | 8:51 |