



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Aßmus, Enrico

Club: Erfurter LAC

Number: 192

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 14:12

Speed: 16.90 km/h

Running performance: 3:33 min/km

Rank in course/Total: 10 (of 446)

Rank in course/Men: 9 (of 278)

Best time in course: 12:07

Rank in category: 1(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	6:55	3:27	1	-	8	0:47	2.00	6:55	3:27	46		9	0:47
Leichtathletikhalle	2.00	7:17	3:38	1	-	9	1:18	4.00	14:12	3:32	1	-	9	2:05