



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stephan, Heino

Club: FSV1986 BadLangensalza

Number: 441

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:45

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 198 (of 446)

Rank in course/Men: 154 (of 278)

Best time in course: 12:07

Rank in category: 32(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	10:49	5:24	31	3:54	145	4:41	2.00	10:49	5:24	49		98	4:41
Leichtathletikhalle	2.00	10:56	5:28	41	3:39	172	4:57	4.00	21:45	5:26	32	7:33	154	9:38