



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Blümling, Uwe

Club: Tautenhain

Number: 394

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 19:30

Speed: 12.31 km/h

Running performance: 4:53 min/km

Rank in course/Total: 112 (of 446)

Rank in course/Men: 95 (of 278)

Best time in course: 12:07

Rank in category: 22(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	9:56	4:58	21	3:01	100	3:48	2.00	9:56	4:58	50		43	3:48
Leichtathletikhalle	2.00	9:34	4:46	19	2:17	93	3:35	4.00	19:30	4:52	22	5:18	95	7:23