



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schulze, Ronald

Club: Bad Langensalza

Number: 438

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 21:45

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 199 (of 446)

Rank in course/Men: 154 (of 278)

Best time in course: 12:07

Rank in category: 12(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	10:48	5:24	12	3:11	144	4:40	2.00	10:48	5:24	27		105	4:40
Leichtathletikhalle	2.00	10:57	5:28	14	3:08	173	4:58	4.00	21:45	5:26	12	6:19	154	9:38