



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Nitsche, Martin

Club: Laufgruppe Hardisleben

Number: 363

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M60 (60-69 Jahre)

Total time: 20:56

Speed: 11.46 km/h

Running performance: 5:14 min/km

Rank in course/Total: 162 (of 446)

Rank in course/Men: 129 (of 278)

Best time in course: 12:07

Rank in category: 7(of 16)

Best time in the category: 17:47

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	10:37	5:18	8	1:49	135	4:29	2.00	10:37	5:18	7	1:10	87	4:29
Leichtathletikhalle	2.00	10:19	5:09	7	1:20	132	4:20	4.00	20:56	5:14	7	3:09	129	8:49