



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Gerhardt, Oliver

Club: Erfurt

Number: 125

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 20:22

Speed: 11.78 km/h

Running performance: 5:05 min/km

Rank in course/Total: 139 (of 446)

Rank in course/Men: 113 (of 278)

Best time in course: 12:07

Rank in category: 26(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	10:16	5:08	26	3:21	115	4:08	2.00	10:16	5:08	53		115	4:08
Leichtathletikhalle	2.00	10:06	5:02	27	2:49	119	4:07	4.00	20:22	5:05	26	6:10	113	8:15