



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Quaas, Thomas

Club: Erfurt

Number: 165

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 18:03

Speed: 13.30 km/h

Running performance: 4:31 min/km

Rank in course/Total: 74 (of 446)

Rank in course/Men: 65 (of 278)

Best time in course: 12:07

Rank in category: 12(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	8:53	4:26	11	1:58	61	2:45	2.00	8:53	4:26	54		120	2:45
Leichtathletikhalle	2.00	9:10	4:34	17	1:53	71	3:11	4.00	18:03	4:30	12	3:51	65	5:56