



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Voß, Bernd

Club: Sparkasse Mittelthüringen

Number: 103

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: 200 (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 | 10:59 | 5:29 | 14 | 3:22 | 153 | 4:51 | 2.00 | 10:59 | 5:29 | 29 | | 121 | 4:51 |
| Leichtathletikhalle | 2.00 | 10:46 | 5:23 | 13 | 2:57 | 158 | 4:47 | 4.00 | 21:45 | 5:26 | 12 | 6:19 | 154 | 9:38 |