



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Eberlein, Rainer

Club: SC impuls

Number: 210

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M60 (60-69 Jahre)

Total time: 22:04

Speed: 10.88 km/h

Running performance: 5:31 min/km

Rank in course/Total: 212 (of 446)

Rank in course/Men: 162 (of 278)

Best time in course: 12:07

Rank in category: 10(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	11:16	5:38	11	2:28	170	5:08	2.00	11:16	5:38	8	1:49	123	5:08
Leichtathletikhalle	2.00	10:48	5:24	10	1:49	159	4:49	4.00	22:04	5:30	10	4:17	162	9:57