



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Alberti, Michael**

Club: Mühlhausen

Number: 391

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 22:15

Speed: 10.79 km/h

Running performance: 5:34 min/km

Rank in course/Total: 221 (of 446)

Rank in course/Men: 168 (of 278)

Best time in course: 12:07

Rank in category: 15(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  | 10:21 | 5:10   | 9    | 2:44   | 121 | 4:13   | 2.00  | 10:21 | 5:10   | 33   |        | 75  | 4:13   |
| Leichtathletikhalle | 2.00  | 11:54 | 5:57   | 23   | 4:05   | 218 | 5:55   | 4.00  | 22:15 | 5:33   | 15   | 6:49   | 168 | 10:08  |