



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rode, Michael

Club: LTV Erfurt

Number: 58

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M60 (60-69 Jahre)

Total time: 23:00

Speed: 10.43 km/h

Running performance: 5:45 min/km

Rank in course/Total: 256 (of 446)

Rank in course/Men: 189 (of 278)

Best time in course: 12:07

Rank in category: 14(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	11:11	5:35	10	2:23	165	5:03	2.00	11:11	5:35	10	1:44	141	5:03
Leichtathletikhalle	2.00	11:49	5:54	14	2:50	216	5:50	4.00	23:00	5:45	14	5:13	189	10:53