



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Walter, Armin

Club: ERFurt

Number: 77

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 23:45

Speed: 10.11 km/h

Running performance: 5:56 min/km

Rank in course/Total: 304 (of 446)

Rank in course/Men: 216 (of 278)

Best time in course: 12:07

Rank in category: 46(of 60)

Best time in the category: 14:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Kurzstrecke	2.00	12:52	6:26	53	5:57	240	6:44	2.00	12:52	6:26	3	1:44	142	6:44
Leichtathletikhalle	2.00	10:53	5:26	39	3:36	166	4:54	4.00	23:45	5:56	46	9:33	216	11:38