



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Jäger, Michael

Club: Erfurt
Number: 169

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Senioren M50 (50-59 Jahre)

Total time: 25:36
Speed: 9.38 km/h
Running performance: 6:24 min/km
Rank in course/Total: 367 (of 446)
Rank in course/Men: 248 (of 278)
Best time in course: 12:07
Rank in category: 27(of 35)
Best time in the category: 15:26

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	13:11	6:35	26	5:34	252	7:03	2.00	13:11	6:35	34		146	7:03
Leichtathletikhalle	2.00	12:25	6:12	26	4:36	235	6:26	4.00	25:36	6:24	27	10:10	248	13:29