



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Reuter, Marc

Club: Erfurt
Number: 144

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Senioren M40 (40-49 Jahre)

Total time: 22:46

Speed: 10.54 km/h
Running performance: 5:41 min/km

Rank in course/Total: 241 (of 446)

Rank in course/Men: 179 (of 278)

Best time in course: 12:07

Rank in category: 39(of 60)

Best time in the category: 14:12

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	12:03	6:01	44	5:08	205	5:55	2.00	12:03	6:01	60	0:55	151	5:55
Leichtathletikhalle	2.00	10:43	5:21	36	3:26	155	4:44	4.00	22:46	5:41	39	8:34	179	10:39