



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rady, Dirk

Club: TC Erfurt 93

Number: 353

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 25:26

Speed: 9.44 km/h

Running performance: 6:22 min/km

Rank in course/Total: 355 (of 446)

Rank in course/Men: 239 (of 278)

Best time in course: 12:07

Rank in category: 51(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	12:06	6:02	45	5:11	208	5:58	2.00	12:06	6:02	2	0:58	158	5:58
Leichtathletikhalle	2.00	13:20	6:40	54	6:03	258	7:21	4.00	25:26	6:21	51	11:14	239	13:19