



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schönknecht, Mario

Club: ZSG Waltershausen

Number: 439

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 16:38

Speed: 14.43 km/h

Running performance: 4:10 min/km

Rank in course/Total: 35 (of 446)

Rank in course/Men: 31 (of 278)

Best time in course: 12:07

Rank in category: 4(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	8:21	4:10	4	1:26	32	2:13	2.00	8:21	4:10	33		19	2:13
Leichtathletikhalle	2.00	8:17	4:08	3	1:00	29	2:18	4.00	16:38	4:09	4	2:26	31	4:31