



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Glaß, Michael

Club: Schkauditzer Läufer

Number: 41

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 28:54

Speed: 8.30 km/h

Running performance: 7:13 min/km

Rank in course/Total: 424 (of 446)

Rank in course/Men: 271 (of 278)

Best time in course: 12:07

Rank in category: 60(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	12:53	6:26	55	5:58	242	6:45	2.00	12:53	6:26	5	1:45	168	6:45
Leichtathletikhalle	2.00	16:01	8:00	60	8:44	273	10:02	4.00	28:54	7:13	60	14:42	271	16:47