



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kleinod, Christian

Club: Apolda

Number: 229

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 26:24

Speed: 9.09 km/h

Running performance: 6:36 min/km

Rank in course/Total: 388 (of 446)

Rank in course/Men: 260 (of 278)

Best time in course: 12:07

Rank in category: 56(of 60)

Best time in the category: 14:12

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	13:45	6:52	60	6:50	266	7:37	2.00	13:45	6:52	6	2:37	161	7:37
Leichtathletikhalle	2.00	12:39	6:19	51	5:22	245	6:40	4.00	26:24	6:35	56	12:12	260	14:17