



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Huhn, Andreas

Club: Sonntagsläufer Lützer See

Number: 204

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 20:14

Speed: 11.86 km/h

Running performance: 5:04 min/km

Rank in course/Total: 133 (of 446)

Rank in course/Men: 110 (of 278)

Best time in course: 12:07

Rank in category: 25(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	9:58	4:59	22	3:03	102	3:50	2.00	9:58	4:59	7		177	3:50
Leichtathletikhalle	2.00	10:16	5:08	30	2:59	130	4:17	4.00	20:14	5:03	25	6:02	110	8:07