



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Götzrath, Matthias

Club: Erfurt
Number: 407

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Senioren M50 (50-59 Jahre)

Total time: 20:56

Speed: 11.46 km/h
Running performance: 5:14 min/km

Rank in course/Total: 163 (of 446)

Rank in course/Men: 129 (of 278)

Best time in course: 12:07

Rank in category: 8(of 35)

Best time in the category: 15:26

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	10:14	5:06	7	2:37	112	4:06	2.00	10:14	5:06	4		110	4:06
Leichtathletikhalle	2.00	10:42	5:20	11	2:53	153	4:43	4.00	20:56	5:14	8	5:30	129	8:49