



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Möser, Detlef

Club: Erfurt

Number: 338

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 21:13

Speed: 11.31 km/h

Running performance: 5:18 min/km

Rank in course/Total: 175 (of 446)

Rank in course/Men: 141 (of 278)

Best time in course: 12:07

Rank in category: 10(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	10:51	5:25	13	3:14	148	4:43	2.00	10:51	5:25	7		187	4:43
Leichtathletikhalle	2.00	10:22	5:11	8	2:33	134	4:23	4.00	21:13	5:18	10	5:47	141	9:06