



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Bendel, Harald**

Club: Erfurt  
Number: 365

Course: 4.00 km  
Pokal der Sparkasse Mittelthüringen

Category:  
Senioren M50 (50-59 Jahre)

Total time: 26:07

Speed: 9.19 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 379 (of 446)

Rank in course/Men: 255 (of 278)

Best time in course: 12:07

Rank in category: 30(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	13:44	6:51	31	6:07	264	7:36	2.00	13:44	6:51	9		192	7:36
Leichtathletikhalle	2.00	12:23	6:11	25	4:34	233	6:24	4.00	26:07	6:31	30	10:41	255	14:00