



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Richter, Steffen

Club: MTV Erfurt

Number: 490

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 22:47

Speed: 10.53 km/h

Running performance: 5:42 min/km

Rank in course/Total: 243 (of 446)

Rank in course/Men: 180 (of 278)

Best time in course: 12:07

Rank in category: 40(of 60)

Best time in the category: 14:12

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	12:22	6:11	47	5:27	222	6:14	2.00	12:22	6:11	15	1:14	215	6:14
Leichtathletikhalle	2.00	10:25	5:12	33	3:08	141	4:26	4.00	22:47	5:41	40	8:35	180	10:40