



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Eras, Jens-Uwe

Number: 185

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 22:35

Speed: 10.63 km/h

Running performance: 5:39 min/km

Rank in course/Total: 231 (of 446)

Rank in course/Men: 173 (of 278)

Best time in course: 12:07

Rank in category: 37(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	11:08	5:33	34	4:13	161	5:00	2.00	11:08	5:33	1	-	106	5:00
Leichtathletikhalle	2.00	11:27	5:43	45	4:10	199	5:28	4.00	22:35	5:38	37	8:23	173	10:28