



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Junker, Dirk

Club: Rennsemmeln

Number: 133

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 22:02

Speed: 10.89 km/h

Running performance: 5:31 min/km

Rank in course/Total: 211 (of 446)

Rank in course/Men: 160 (of 278)

Best time in course: 12:07

Rank in category: 36(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	11:54	5:57	42	4:59	199	5:46	2.00	11:54	5:57	18	0:46	124	5:46
Leichtathletikhalle	2.00	10:08	5:03	28	2:51	122	4:09	4.00	22:02	5:30	36	7:50	160	9:55