



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kurtz, Ralf

Club: Erfurt

Number: 155

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 17:14

Speed: 13.93 km/h

Running performance: 4:19 min/km

Rank in course/Total: 53 (of 446)

Rank in course/Men: 48 (of 278)

Best time in course: 12:07

Rank in category: 7(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	8:24	4:12	5	1:29	35	2:16	2.00	8:24	4:12	35		18	2:16
Leichtathletikhalle	2.00	8:50	4:25	9	1:33	54	2:51	4.00	17:14	4:18	7	3:02	48	5:07