



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Apel, Ewald

Club: Erfurt
Number: 260

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Senioren M40 (40-49 Jahre)

Total time: 25:30

Speed: 9.41 km/h
Running performance: 6:23 min/km

Rank in course/Total: 365 (of 446)

Rank in course/Men: 245 (of 278)

Best time in course: 12:07

Rank in category: 52(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 | 12:33 | 6:16 | 50 | 5:38 | 232 | 6:25 | 2.00 | 12:33 | 6:16 | 22 | 1:25 | 150 | 6:25 |
| Leichtathletikhalle | 2.00 | 12:57 | 6:28 | 52 | 5:40 | 253 | 6:58 | 4.00 | 25:30 | 6:22 | 52 | 11:18 | 245 | 13:23 |