



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Baumgärtel, Marco

Club: Debeka

Number: 140

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 23:02

Speed: 10.42 km/h

Running performance: 5:46 min/km

Rank in course/Total: 259 (of 446)

Rank in course/Men: 191 (of 278)

Best time in course: 12:07

Rank in category: 41(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	11:39	5:49	41	4:44	191	5:31	2.00	11:39	5:49	24	0:31	199	5:31
Leichtathletikhalle	2.00	11:23	5:41	44	4:06	195	5:24	4.00	23:02	5:45	41	8:50	191	10:55