



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bomberg, Dirk

Club: SC impuls

Number: 199

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 17:11

Speed: 13.97 km/h

Running performance: 4:18 min/km

Rank in course/Total: 50 (of 446)

Rank in course/Men: 45 (of 278)

Best time in course: 12:07

Rank in category: 4(of 35)

Best time in the category: 15:26

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	8:33	4:16	4	0:56	48	2:25	2.00	8:33	4:16	17		70	2:25
Leichtathletikhalle	2.00	8:38	4:18	5	0:49	46	2:39	4.00	17:11	4:17	4	1:45	45	5:04