



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dreyße, Mike

Club: Sportfreunde Herbsleben

Number: 360

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 26:06

Speed: 9.20 km/h

Running performance: 6:31 min/km

Rank in course/Total: 378 (of 446)

Rank in course/Men: 254 (of 278)

Best time in course: 12:07

Rank in category: 54(of 60)

Best time in the category: 14:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Kurzstrecke	2.00	12:26	6:13	48	5:31	224	6:18	2.00	12:26	6:13	26	1:18	173	6:18
Leichtathletikhalle	2.00	13:40	6:49	56	6:23	262	7:41	4.00	26:06	6:31	54	11:54	254	13:59