



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Seise, Andreas

Club: die flotten Mühlhäuser

Number: 181

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 17:36

Speed: 13.64 km/h

Running performance: 4:24 min/km

Rank in course/Total: 62 (of 446)

Rank in course/Men: 54 (of 278)

Best time in course: 12:07

Rank in category: 10(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	8:34	4:16	9	1:39	50	2:26	2.00	8:34	4:16	32		16	2:26
Leichtathletikhalle	2.00	9:02	4:30	14	1:45	64	3:03	4.00	17:36	4:24	10	3:24	54	5:29