



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Mocke, Klaus-Dieter

Club: VC Blau-Weiss 72 Oldislbën

Number: 56

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M60 (60-69 Jahre)

Total time: 24:56

Speed: 9.63 km/h

Running performance: 6:14 min/km

Rank in course/Total: 335 (of 446)

Rank in course/Men: 230 (of 278)

Best time in course: 12:07

Rank in category: 15(of 16)

Best time in the category: 17:47

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	12:32	6:15	15	3:44	231	6:24	2.00	12:32	6:15	15	3:05	265	6:24
Leichtathletikhalle	2.00	12:24	6:12	16	3:25	234	6:25	4.00	24:56	6:14	15	7:09	230	12:49