



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Röske, Dirk

Number: 350

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:22

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 183 (of 446)

Rank in course/Men: 147 (of 278)

Best time in course: 12:07

Rank in category: 30(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	10:32	5:15	27	3:37	127	4:24	2.00	10:32	5:15	30		206	4:24
Leichtathletikhalle	2.00	10:50	5:25	38	3:33	163	4:51	4.00	21:22	5:20	30	7:10	147	9:15