



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kohl, Wigbert

Club: ASV Erfurt

Number: 152

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M70 (70 und älter Jahre)

Total time: 22:57

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 253 (of 446)

Rank in course/Men: 188 (of 278)

Best time in course: 12:07

Rank in category: 3(of 5)

Best time in the category: 19:20

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	11:11	5:35	3	1:46	165	5:03	2.00	11:11	5:35	5	1:46	141	5:03
Leichtathletikhalle	2.00	11:46	5:53	3	1:51	212	5:47	4.00	22:57	5:44	3	3:37	188	10:50