



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Anders, Torsten

Club: BSG Commerzbank Erfurt

Number: 459

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 18:00

Speed: 13.33 km/h

Running performance: 4:30 min/km

Rank in course/Total: 68 (of 446)

Rank in course/Men: 60 (of 278)

Best time in course: 12:07

Rank in category: 11(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	8:55	4:27	12	2:00	62	2:47	2.00	8:55	4:27	38		38	2:47
Leichtathletikhalle	2.00	9:05	4:32	16	1:48	66	3:06	4.00	18:00	4:30	11	3:48	60	5:53