



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Flachowsky, Gerhard

Club: MTV Hondelage

Number: 120

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M70 (70 und älter Jahre)

Total time: 19:20

Speed: 12.41 km/h

Running performance: 4:50 min/km

Rank in course/Total: 111 (of 446)

Rank in course/Men: 94 (of 278)

Best time in course: 12:07

Rank in category: 1(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	9:25	4:42	1	-	83	3:17	2.00	9:25	4:42	1	-	39	3:17
Leichtathletikhalle	2.00	9:55	4:57	1	-	108	3:56	4.00	19:20	4:49	1	-	94	7:13