



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kleindienst, Jörg

Club: B.L.Sharks Kickboxen

Number: 295

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 18:25

Speed: 13.03 km/h

Running performance: 4:36 min/km

Rank in course/Total: 81 (of 446)

Rank in course/Men: 72 (of 278)

Best time in course: 12:07

Rank in category: 16(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	9:26	4:43	18	2:31	84	3:18	2.00	9:26	4:43	40		47	3:18
Leichtathletikhalle	2.00	8:59	4:29	13	1:42	61	3:00	4.00	18:25	4:36	16	4:13	72	6:18