



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stöhr, Michael

Club: Erfurt
Number: 138

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Senioren M60 (60-69 Jahre)

Total time: 18:59

Speed: 12.64 km/h
Running performance: 4:45 min/km

Rank in course/Total: 101 (of 446)

Rank in course/Men: 85 (of 278)

Best time in course: 12:07

Rank in category: 3(of 16)

Best time in the category: 17:47

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	9:27	4:43	3	0:39	86	3:19	2.00	9:27	4:43	1	-	50	3:19
Leichtathletikhalle	2.00	9:32	4:46	3	0:33	90	3:33	4.00	18:59	4:44	3	1:12	85	6:52