



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Trescher, Jens

Club: Hörselberg-Hainich

Number: 345

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 17:22

Speed: 13.82 km/h

Running performance: 4:20 min/km

Rank in course/Total: 58 (of 446)

Rank in course/Men: 51 (of 278)

Best time in course: 12:07

Rank in category: 9(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	8:24	4:12	5	1:29	35	2:16	2.00	8:24	4:12	35		18	2:16
Leichtathletikhalle	2.00	8:58	4:29	11	1:41	57	2:59	4.00	17:22	4:20	9	3:10	51	5:15