



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Sachse, Michael

Club: HSV Weimar Triathlon

Number: 1316

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:41

Speed: 12.85 km/h

Running performance: 4:40 min/km

Rank in course/Total: 174 (of 637)

Rank in course/Men: 167 (of 493)

Best time in course: 31:35

Rank in category: 50(of 135)

Best time in the category: 33:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	9:36	4:47	50	3:08	192	3:19	2.00	9:36	4:47	56	3:08	201	3:19
Runde Langstrec	2.00	9:18	4:39	52	2:36	173	2:55	4.00	18:54	4:43	56	5:44	190	6:14
Runde Langstrec	2.00	9:13	4:36	39	2:21	148	2:45	6.00	28:07	4:41	41	8:05	151	8:59
Runde Langstrec	2.00	9:17	4:38	39	2:31	143	2:53	8.00	37:24	4:40	55	10:36	199	11:52
Leichtathletikh	2.00	9:17	4:38	48	2:30	170	3:14	10.00	46:41	4:40	50	13:06	167	15:06