



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schröder, Bernd

Club: Erfurt
Number: 171

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Senioren M60 (60-69 Jahre)

Total time: 18:33

Speed: 12.94 km/h
Running performance: 4:38 min/km

Rank in course/Total: 84 (of 446)

Rank in course/Men: 74 (of 278)

Best time in course: 12:07

Rank in category: 2(of 16)

Best time in the category: 17:47

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 Kurzstrecke	2.00	9:11	4:35	2	0:23	71	3:03	2.00	9:11	4:35	2			58	3:03
Leichtathletikhalle	2.00	9:22	4:41	2	0:23	82	3:23	4.00	18:33	4:38	2	0:46		74	6:26