



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Feest, Christoph

Club: Erfurt
Number: 322

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Senioren M50 (50-59 Jahre)

Total time: 18:08

Speed: 13.24 km/h
Running performance: 4:32 min/km

Rank in course/Total: 76 (of 446)

Rank in course/Men: 67 (of 278)

Best time in course: 12:07

Rank in category: 6(of 35)

Best time in the category: 15:26

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	9:35	4:47	6	1:58	90	3:27	2.00	9:35	4:47	21		59	3:27
Leichtathletikhalle	2.00	8:33	4:16	4	0:44	40	2:34	4.00	18:08	4:31	6	2:42	67	6:01