



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 |