



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Cierpinski, Waldemar

Club: LV Halle

Number: 1

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M60 (60-69 Jahre)

Total time: 19:08

Speed: 12.54 km/h

Running performance: 4:47 min/km

Rank in course/Total: 106 (of 446)

Rank in course/Men: 89 (of 278)

Best time in course: 12:07

Rank in category: 4(of 16)

Best time in the category: 17:47

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 | 4 | 0:47 | 90 | 3:27 | 2.00 | 9:35 | 4:47 | 3 | 0:08 | 59 | 3:27 |
| Leichtathletikhalle | 2.00 | 9:33 | 4:46 | 4 | 0:34 | 91 | 3:34 | 4.00 | 19:08 | 4:46 | 4 | 1:21 | 89 | 7:01 |