



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Richter, Sven

Number: 484

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 18:19

Speed: 13.10 km/h

Running performance: 4:35 min/km

Rank in course/Total: 79 (of 446)

Rank in course/Men: 70 (of 278)

Best time in course: 12:07

Rank in category: 14(of 60)

Best time in the category: 14:12

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	9:21	4:40	16	2:26	78	3:13	2.00	9:21	4:40	45		48	3:13
Leichtathletikhalle	2.00	8:58	4:29	11	1:41	57	2:59	4.00	18:19	4:34	14	4:07	70	6:12