



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hennig, Bernhard

Club: Zack-Zack Runners Eisenach

Number: 71

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M60 (60-69 Jahre)

Total time: 19:34

Speed: 12.27 km/h

Running performance: 4:53 min/km

Rank in course/Total: 113 (of 446)

Rank in course/Men: 96 (of 278)

Best time in course: 12:07

Rank in category: 5(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	9:59	4:59	5	1:00	110	4:00	4.00	19:34	4:53	5	1:47	96	7:27