



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dorsch, Steffen

Club: RV-Elxleben

Number: 91

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:10

Speed: 11.90 km/h

Running performance: 5:02 min/km

Rank in course/Total: 130 (of 446)

Rank in course/Men: 108 (of 278)

Best time in course: 12:07

Rank in category: 8(of 41)

Best time in the category: 13:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Kurzstrecke	2.00	10:07	5:03	8	3:26	103	3:59	2.00	10:07	5:03	10		80	3:59
Leichtathletikhalle	2.00	10:03	5:01	11	3:23	115	4:04	4.00	20:10	5:02	8	6:49	108	8:03