



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Hellmuth, Wolfgang**

Club: Erfurt  
Number: 160

Course: 4.00 km  
Pokal der Sparkasse Mittelthüringen

Category:  
Männer (20-29 Jahre)

Total time: 19:08

Speed: 12.54 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 107 (of 446)

Rank in course/Men: 89 (of 278)

Best time in course: 12:07

Rank in category: 13(of 25)

Best time in the category: 12:07

## Intermediate times

## Stage score

## Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|---------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde Kurzstrecke   | 2.00        | 10:10         | 5:04            | 14          | 4:02           | 106        | 4:02          | 2.00        | 10:10         | 5:04            | 15          | 0:54           | 90         | 4:02          |
| Leichtathletikhalle | 2.00        | 8:58          | 4:29            | 9           | 2:59           | 57         | 2:59          | 4.00        | 19:08         | 4:46            | 13          | 7:01           | 89         | 7:01          |