



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Baumgärtel, Marcel

Club: Gotha

Number: 118

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:15

Speed: 11.85 km/h

Running performance: 5:04 min/km

Rank in course/Total: 134 (of 446)

Rank in course/Men: 111 (of 278)

Best time in course: 12:07

Rank in category: 9(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	10:35	5:17	14	3:54	131	4:27	2.00	10:35	5:17	29		94	4:27
Leichtathletikhalle	2.00	9:40	4:49	9	3:00	100	3:41	4.00	20:15	5:03	9	6:54	111	8:08