



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ryll, Tobias

Number: 473

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 21:29

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 186 (of 446)

Rank in course/Men: 150 (of 278)

Best time in course: 12:07

Rank in category: 17(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	13:01	6:30	33	6:20	246	6:53	2.00	13:01	6:30	30	1:30	95	6:53
Leichtathletikhalle	2.00	8:28	4:14	5	1:48	37	2:29	4.00	21:29	5:22	17	8:08	150	9:22