



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Geimecke, Jonas

Club: Erfurt

Number: 159

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Männer (20-29 Jahre)

Total time: 19:46

Speed: 12.14 km/h

Running performance: 4:56 min/km

Rank in course/Total: 118 (of 446)

Rank in course/Men: 100 (of 278)

Best time in course: 12:07

Rank in category: 14(of 25)

Best time in the category: 12:07

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	10:11	5:05	15	4:03	108	4:03	2.00	10:11	5:05	13	0:55	82	4:03
Leichtathletikhalle	2.00	9:35	4:47	14	3:36	95	3:36	4.00	19:46	4:56	14	7:39	100	7:39