



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wachsmuth, Sven

Club: ANNAKRAM e.V.

Number: 290

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 25:07

Speed: 9.56 km/h

Running performance: 6:17 min/km

Rank in course/Total: 342 (of 446)

Rank in course/Men: 232 (of 278)

Best time in course: 12:07

Rank in category: 34(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	13:04	6:31	34	6:23	248	6:56	2.00	13:04	6:31	34	1:33	138	6:56
Leichtathletikhalle	2.00	12:03	6:01	35	5:23	224	6:04	4.00	25:07	6:16	34	11:46	232	13:00