



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Spangenberg, René

Club: Body Cross Gotha

Number: 527

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 22:54

Speed: 10.48 km/h

Running performance: 5:43 min/km

Rank in course/Total: 251 (of 446)

Rank in course/Men: 187 (of 278)

Best time in course: 12:07

Rank in category: 21(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	11:31	5:45	18	4:50	183	5:23	2.00	11:31	5:45	1	-	149	5:23
Leichtathletikhalle	2.00	11:23	5:41	27	4:43	195	5:24	4.00	22:54	5:43	21	9:33	187	10:47