



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Engel, Torsten

Club: Erfurt

Number: 112

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:48

Speed: 10.08 km/h

Running performance: 5:57 min/km

Rank in course/Total: 308 (of 446)

Rank in course/Men: 218 (of 278)

Best time in course: 12:07

Rank in category: 29(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	11:34	5:46	20	4:53	186	5:26	2.00	11:34	5:46	40	0:03	160	5:26
Leichtathletikhalle	2.00	12:14	6:06	36	5:34	229	6:15	4.00	23:48	5:57	29	10:27	218	11:41