



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stibbe, Alexander

Club: Laufladen Erfurt

Number: 500

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 33:27

Speed: 7.17 km/h

Running performance: 8:22 min/km

Rank in course/Total: 445 (of 446)

Rank in course/Men: 276 (of 278)

Best time in course: 12:07

Rank in category: 41(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	16:21	8:10	41	9:40	276	10:13	2.00	16:21	8:10	4	4:50	195	10:13
Leichtathletikhalle	2.00	17:06	8:33	41	10:26	276	11:07	4.00	33:27	8:21	41	20:06	276	21:20