



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ilg, Mathias

Club: ZAP Herrnberger& Herrnberger-Ilg

Number: 373

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 26:09

Speed: 9.18 km/h

Running performance: 6:32 min/km

Rank in course/Total: 382 (of 446)

Rank in course/Men: 256 (of 278)

Best time in course: 12:07

Rank in category: 39(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	13:38	6:48	38	6:57	260	7:30	2.00	13:38	6:48	5	2:07	136	7:30
Leichtathletikhalle	2.00	12:31	6:15	37	5:51	241	6:32	4.00	26:09	6:32	39	12:48	256	14:02