



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Lipfert, Frank

Club: Erfurt

Number: 377

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:15

Speed: 10.32 km/h

Running performance: 5:49 min/km

Rank in course/Total: 267 (of 446)

Rank in course/Men: 195 (of 278)

Best time in course: 12:07

Rank in category: 23(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	11:13	5:36	17	4:32	169	5:05	2.00	11:13	5:36	7		201	5:05
Leichtathletikhalle	2.00	12:02	6:00	34	5:22	223	6:03	4.00	23:15	5:48	23	9:54	195	11:08