



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Minkmar, Steve

Total time: 22:13

Number: 530

Speed: 10.80 km/h

Running performance: 5:33 min/km

Course: 4.00 km

Rank in course/Total: 219 (of 446)

Pokal der Sparkasse Mittelthüringen

Rank in course/Men: 167 (of 278)

Best time in course: 12:07

Category:

Rank in category: 18(of 41)

Senioren M30 (30-39 Jahre)

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	11:49	5:54	21	5:08	196	5:41	2.00	11:49	5:54	9	0:18	220	5:41
Leichtathletikhalle	2.00	10:24	5:12	15	3:44	138	4:25	4.00	22:13	5:33	18	8:52	167	10:06