



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Christoph, Stephan

Club: Erfurt

Number: 174

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:17

Speed: 10.31 km/h

Running performance: 5:49 min/km

Rank in course/Total: 272 (of 446)

Rank in course/Men: 199 (of 278)

Best time in course: 12:07

Rank in category: 25(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	11:31	5:45	18	4:50	183	5:23	2.00	11:31	5:45	1	-	149	5:23
Leichtathletikhalle	2.00	11:46	5:53	32	5:06	212	5:47	4.00	23:17	5:49	25	9:56	199	11:10