



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Christoph, Dennis

Club: Erfurt

Number: 264

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 25:28

Speed: 9.42 km/h

Running performance: 6:22 min/km

Rank in course/Total: 362 (of 446)

Rank in course/Men: 243 (of 278)

Best time in course: 12:07

Rank in category: 35(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	13:44	6:51	39	7:03	264	7:36	2.00	13:44	6:51	13	2:13	192	7:36
Leichtathletikhalle	2.00	11:44	5:51	31	5:04	211	5:45	4.00	25:28	6:21	35	12:07	243	13:21