



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Gentzel, Philipp

Club: Erfurter LAC

Number: 452

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Männer (20-29 Jahre)

Total time: 15:14

Speed: 15.75 km/h

Running performance: 3:49 min/km

Rank in course/Total: 19 (of 446)

Rank in course/Men: 17 (of 278)

Best time in course: 12:07

Rank in category: 4(of 25)

Best time in the category: 12:07

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	7:20	3:39	4	1:12	14	1:12	2.00	7:20	3:39	7		242	1:12
Leichtathletikhalle	2.00	7:54	3:57	4	1:55	21	1:55	4.00	15:14	3:48	4	3:07	17	3:07