



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Mönchgesang, Jan

Club: SV Olympia Haßleben

Number: 502

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 16:49

Speed: 14.27 km/h

Running performance: 4:12 min/km

Rank in course/Total: 39 (of 446)

Rank in course/Men: 35 (of 278)

Best time in course: 12:07

Rank in category: 2(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	8:24	4:12	2	1:43	35	2:16	2.00	8:24	4:12	24		18	2:16
Leichtathletikhalle	2.00	8:25	4:12	3	1:45	35	2:26	4.00	16:49	4:12	2	3:28	35	4:42