



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Müller, Maik

Club: Erfurt

Number: 453

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 26:04

Speed: 9.21 km/h

Running performance: 6:31 min/km

Rank in course/Total: 376 (of 446)

Rank in course/Men: 253 (of 278)

Best time in course: 12:07

Rank in category: 38(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	13:17	6:38	37	6:36	256	7:09	2.00	13:17	6:38	17	1:46	250	7:09
Leichtathletikhalle	2.00	12:47	6:23	39	6:07	250	6:48	4.00	26:04	6:30	38	12:43	253	13:57