



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Pfeuffer, Jörg

Club: USV Erfurt

Number: 277

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 16:55

Speed: 14.19 km/h

Running performance: 4:14 min/km

Rank in course/Total: 41 (of 446)

Rank in course/Men: 36 (of 278)

Best time in course: 12:07

Rank in category: 3(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	8:29	4:14	3	1:48	42	2:21	2.00	8:29	4:14	25		35	2:21
Leichtathletikhalle	2.00	8:26	4:13	4	1:46	36	2:27	4.00	16:55	4:13	3	3:34	36	4:48