



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ochmann, Tom

Club: B.L.Sharks Kickboxen

Number: 291

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 28:13

Speed: 8.51 km/h

Running performance: 7:03 min/km

Rank in course/Total: 415 (of 446)

Rank in course/Men: 266 (of 278)

Best time in course: 12:07

Rank in category: 40(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	13:11	6:35	36	6:30	252	7:03	2.00	13:11	6:35	18	1:40	146	7:03
Leichtathletikhalle	2.00	15:02	7:30	40	8:22	269	9:03	4.00	28:13	7:03	40	14:52	266	16:06