



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Tipold, Marcel

Club: Erfurt

Number: 111

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 21:12

Speed: 11.32 km/h

Running performance: 5:18 min/km

Rank in course/Total: 174 (of 446)

Rank in course/Men: 140 (of 278)

Best time in course: 12:07

Rank in category: 16(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	10:17	5:08	13	3:36	118	4:09	2.00	10:17	5:08	20		114	4:09
Leichtathletikhalle	2.00	10:55	5:27	20	4:15	167	4:56	4.00	21:12	5:17	16	7:51	140	9:05