



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Krisch, Michael

Club: Arnstadt

Number: 343

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:19

Speed: 10.29 km/h

Running performance: 5:50 min/km

Rank in course/Total: 273 (of 446)

Rank in course/Men: 200 (of 278)

Best time in course: 12:07

Rank in category: 26(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	12:18	6:09	28	5:37	216	6:10	2.00	12:18	6:09	21	0:47	277	6:10
Leichtathletikhalle	2.00	11:01	5:30	22	4:21	176	5:02	4.00	23:19	5:49	26	9:58	200	11:12