



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Keyßner, Robert

Club: Erfurt

Number: 332

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:35

Speed: 11.66 km/h

Running performance: 5:09 min/km

Rank in course/Total: 146 (of 446)

Rank in course/Men: 119 (of 278)

Best time in course: 12:07

Rank in category: 11(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	10:11	5:05	10	3:30	108	4:03	2.00	10:11	5:05	28		82	4:03
Leichtathletikhalle	2.00	10:24	5:12	15	3:44	138	4:25	4.00	20:35	5:08	11	7:14	119	8:28