



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Baumgärtel, Marcel

Club: Gotha
Number: 118

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Senioren M30 (30-39 Jahre)

Total time: 20:15
Speed: 11.85 km/h
Running performance: 5:04 min/km
Rank in course/Total: 134 (of 446)
Rank in course/Men: 111 (of 278)
Best time in course: 12:07
Rank in category: 9(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Kurzstrecke	2.00	10:35	5:17	14	3:54	131	4:27	2.00	10:35	5:17	29		94	4:27
Leichtathletikhalle	2.00	9:40	4:49	9	3:00	100	3:41	4.00	20:15	5:03	9	6:54	111	8:08