



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kneist, Hans-Peter

Club: Erfurter LAC

Number: 189

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 14:44

Speed: 16.29 km/h

Running performance: 3:41 min/km

Rank in course/Total: 12 (of 446)

Rank in course/Men: 11 (of 278)

Best time in course: 12:07

Rank in category: 4(of 17)

Best time in the category: 12:48

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde Kurzstrecke	2.00	7:03	3:31	2	0:43	9	0:55	2.00	7:03	3:31	10		4	0:55
Leichtathletikhalle	2.00	7:41	3:50	5	1:13	15	1:42	4.00	14:44	3:40	4	1:56	11	2:37