



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kirchner, Bjoern

Club: LV Siegelbach

Number: 479

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 21:11

Speed: 11.33 km/h

Running performance: 5:18 min/km

Rank in course/Total: 172 (of 446)

Rank in course/Men: 138 (of 278)

Best time in course: 12:07

Rank in category: 15(of 41)

Best time in the category: 13:21

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	10:16	5:08	12	3:35	115	4:08	2.00	10:16	5:08	33		115	4:08
Leichtathletikhalle	2.00	10:55	5:27	20	4:15	167	4:56	4.00	21:11	5:17	15	7:50	138	9:04