



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Knoll, Michael

Club: LG Bad Frankenhausen / Göllingen
Number: 216

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 25:53

Speed: 9.27 km/h

Running performance: 6:28 min/km

Rank in course/Total: 371 (of 446)

Rank in course/Men: 249 (of 278)

Best time in course: 12:07

Rank in category: 28(of 35)

Best time in the category: 15:26

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	13:14	6:36	27	5:37	254	7:06	2.00	13:14	6:36	18		132	7:06
Leichtathletikhalle	2.00	12:39	6:19	29	4:50	245	6:40	4.00	25:53	6:28	28	10:27	249	13:46