



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kratzing, Sebastian

Club: MTV 1860 Erfurt

Number: 465

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 24:10

Speed: 9.93 km/h

Running performance: 6:02 min/km

Rank in course/Total: 321 (of 446)

Rank in course/Men: 226 (of 278)

Best time in course: 12:07

Rank in category: 33(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	13:04	6:31	34	6:23	248	6:56	2.00	13:04	6:31	34	1:33	138	6:56
Leichtathletikhalle	2.00	11:06	5:32	24	4:26	181	5:07	4.00	24:10	6:02	33	10:49	226	12:03