



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Keiner, Sebastian

Club: Erfurter LAC

Number: 195

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Männer (20-29 Jahre)

Total time: 12:07

Speed: 19.81 km/h

Running performance: 3:02 min/km

Rank in course/Total: 1 (of 446)

Rank in course/Men: 1 (of 278)

Best time in course: 12:07

Rank in category: 1(of 25)

Best time in the category: 12:07

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 | 6:08 | 3:04 | 1 | - | 1 | - | 2.00 | 6:08 | 3:04 | 14 | - | 1 | - |
| Leichtathletikhalle | 2.00 | 5:59 | 2:59 | 1 | - | 1 | - | 4.00 | 12:07 | 3:01 | 1 | - | 1 | - |