



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Trautmann, Knut

Club: VFL Hüpstedt

Number: 458

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 17:29

Speed: 13.73 km/h

Running performance: 4:22 min/km

Rank in course/Total: 60 (of 446)

Rank in course/Men: 52 (of 278)

Best time in course: 12:07

Rank in category: 5(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	8:31	4:15	3	0:54	45	2:23	2.00	8:31	4:15	20		23	2:23
Leichtathletikhalle	2.00	8:58	4:29	6	1:09	57	2:59	4.00	17:29	4:22	5	2:03	52	5:22