



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dembeck, Tino

Club: FSV 90 Henningsleben

Number: 469

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:37

Speed: 10.16 km/h

Running performance: 5:54 min/km

Rank in course/Total: 296 (of 446)

Rank in course/Men: 209 (of 278)

Best time in course: 12:07

Rank in category: 28(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	11:51	5:55	22	5:10	197	5:43	2.00	11:51	5:55	6	0:20	159	5:43
Leichtathletikhalle	2.00	11:46	5:53	32	5:06	212	5:47	4.00	23:37	5:54	28	10:16	209	11:30