



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Lipfert, Frank

Club: Erfurt
Number: 377

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Senioren M30 (30-39 Jahre)

Total time: 23:15

Speed: 10.32 km/h
Running performance: 5:49 min/km

Rank in course/Total: 267 (of 446)

Rank in course/Men: 195 (of 278)

Best time in course: 12:07

Rank in category: 23(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	11:13	5:36	17	4:32	169	5:05	2.00	11:13	5:36	7		201	5:05
Leichtathletikhalle	2.00	12:02	6:00	34	5:22	223	6:03	4.00	23:15	5:48	23	9:54	195	11:08