



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Quittenbaum, Michael

Number: 474

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 22:23

Speed: 10.72 km/h

Running performance: 5:36 min/km

Rank in course/Total: 227 (of 446)

Rank in course/Men: 172 (of 278)

Best time in course: 12:07

Rank in category: 19(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.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Kurzstrecke	2.00	12:23	6:11	29	5:42	223	6:15	2.00	12:23	6:11	8	0:52	212	6:15
Leichtathletikhalle	2.00	10:00	5:00	10	3:20	111	4:01	4.00	22:23	5:35	19	9:02	172	10:16