



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Zeise, Paul

Club: RSC-Turbine Erfurt

Number: 482

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 15:21

Speed: 15.64 km/h

Running performance: 3:50 min/km

Rank in course/Total: 20 (of 446)

Rank in course/Men: 19 (of 278)

Best time in course: 12:07

Rank in category: 6(of 17)

Best time in the category: 12:48

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	7:12	3:36	5	0:52	13	1:04	2.00	7:12	3:36	12		29	1:04
Leichtathletikhalle	2.00	8:09	4:04	8	1:41	26	2:10	4.00	15:21	3:50	6	2:33	19	3:14