



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Grüllmeyer, Sven

Club: Team Kyffhäuser Bike and Run

Number: 404

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 19:46

Speed: 12.14 km/h

Running performance: 4:56 min/km

Rank in course/Total: 119 (of 446)

Rank in course/Men: 100 (of 278)

Best time in course: 12:07

Rank in category: 23(of 60)

Best time in the category: 14:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Kurzstrecke	2.00	10:10	5:04	24	3:15	106	4:02	2.00	10:10	5:04	17		90	4:02
Leichtathletikhalle	2.00	9:36	4:47	21	2:19	96	3:37	4.00	19:46	4:56	23	5:34	100	7:39