



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Müller, Maik**

Club: Erfurt

Number: 453

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 26:04

Speed: 9.21 km/h

Running performance: 6:31 min/km

Rank in course/Total: 376 (of 446)

Rank in course/Men: 253 (of 278)

Best time in course: 12:07

Rank in category: 38(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	13:17	6:38	37	6:36	256	7:09	2.00	13:17	6:38	17	1:46	250	7:09
Leichtathletikhalle	2.00	12:47	6:23	39	6:07	250	6:48	4.00	26:04	6:30	38	12:43	253	13:57