



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Gröckel, Tim

Club: GröKri2014

Number: 389

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Männer (20-29 Jahre)

Total time: 23:12

Speed: 10.34 km/h

Running performance: 5:48 min/km

Rank in course/Total: 264 (of 446)

Rank in course/Men: 194 (of 278)

Best time in course: 12:07

Rank in category: 21(of 25)

Best time in the category: 12:07

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	11:57	5:58	21	5:49	203	5:49	2.00	11:57	5:58	4	2:41	262	5:49
Leichtathletikhalle	2.00	11:15	5:37	21	5:16	189	5:16	4.00	23:12	5:47	21	11:05	194	11:05