



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ritschel, Tobias

Club: Eisenach

Number: 328

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 25:54

Speed: 9.27 km/h

Running performance: 6:29 min/km

Rank in course/Total: 374 (of 446)

Rank in course/Men: 251 (of 278)

Best time in course: 12:07

Rank in category: 37(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	14:42	7:20	40	8:01	274	8:34	2.00	14:42	7:20	19	3:11	269	8:34
Leichtathletikhalle	2.00	11:12	5:35	26	4:32	187	5:13	4.00	25:54	6:28	37	12:33	251	13:47