



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Leifeld, Nico

Club: B.L.Sharks Kickboxen

Number: 296

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Männer (20-29 Jahre)

Total time: 17:51

Speed: 13.45 km/h

Running performance: 4:28 min/km

Rank in course/Total: 66 (of 446)

Rank in course/Men: 58 (of 278)

Best time in course: 12:07

Rank in category: 10(of 25)

Best time in the category: 12:07

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	8:45	4:22	10	2:37	56	2:37	2.00	8:45	4:22	20		53	2:37
Leichtathletikhalle	2.00	9:06	4:32	10	3:07	68	3:07	4.00	17:51	4:27	10	5:44	58	5:44