



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kluba, Tom

Club: Erfurt

Number: 342

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:51

Speed: 11.51 km/h

Running performance: 5:13 min/km

Rank in course/Total: 158 (of 446)

Rank in course/Men: 127 (of 278)

Best time in course: 12:07

Rank in category: 13(of 41)

Best time in the category: 13:21

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	10:41	5:20	16	4:00	141	4:33	2.00	10:41	5:20	26		73	4:33
Leichtathletikhalle	2.00	10:10	5:04	13	3:30	125	4:11	4.00	20:51	5:12	13	7:30	127	8:44