



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Dorsch, Steffen**

Club: RV-Elxleben

Number: 91

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:10

Speed: 11.90 km/h

Running performance: 5:02 min/km

Rank in course/Total: 130 (of 446)

Rank in course/Men: 108 (of 278)

Best time in course: 12:07

Rank in category: 8(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  | 10:07 | 5:03   | 8    | 3:26   | 103 | 3:59   | 2.00  | 10:07 | 5:03   | 10   |        | 80  | 3:59   |
| Leichtathletikhalle | 2.00  | 10:03 | 5:01   | 11   | 3:23   | 115 | 4:04   | 4.00  | 20:10 | 5:02   | 8    | 6:49   | 108 | 8:03   |