



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Keyßner, Robert

Club: Erfurt
Number: 332

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Senioren M30 (30-39 Jahre)

Total time: 20:35

Speed: 11.66 km/h
Running performance: 5:09 min/km

Rank in course/Total: 146 (of 446)

Rank in course/Men: 119 (of 278)

Best time in course: 12:07

Rank in category: 11(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	10:11	5:05	10	3:30	108	4:03	2.00	10:11	5:05	28		82	4:03
Leichtathletikhalle	2.00	10:24	5:12	15	3:44	138	4:25	4.00	20:35	5:08	11	7:14	119	8:28