



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hennig, Johannes

Club: Freeletics Erfurt

Number: 31

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Männer (20-29 Jahre)

Total time: 20:28

Speed: 11.73 km/h

Running performance: 5:07 min/km

Rank in course/Total: 144 (of 446)

Rank in course/Men: 117 (of 278)

Best time in course: 12:07

Rank in category: 16(of 25)

Best time in the category: 12:07

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	10:50	5:25	17	4:42	147	4:42	2.00	10:50	5:25	16	1:34	83	4:42
Leichtathletikhalle	2.00	9:38	4:48	15	3:39	97	3:39	4.00	20:28	5:06	16	8:21	117	8:21