



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hellmuth, Wolfgang

Club: Erfurt
Number: 160

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Männer (20-29 Jahre)

Total time: 19:08
Speed: 12.54 km/h
Running performance: 4:47 min/km
Rank in course/Total: 107 (of 446)
Rank in course/Men: 89 (of 278)
Best time in course: 12:07
Rank in category: 13(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Kurzstrecke	2.00	10:10	5:04	14	4:02	106	4:02	2.00	10:10	5:04	15	0:54	90	4:02
Leichtathletikhalle	2.00	8:58	4:29	9	2:59	57	2:59	4.00	19:08	4:46	13	7:01	89	7:01