



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ryll, Tobias

Total time: 21:29

Number: 473

Speed: 11.17 km/h

Running performance: 5:22 min/km

Course: 4.00 km

Rank in course/Total: 186 (of 446)

Pokal der Sparkasse Mittelthüringen

Rank in course/Men: 150 (of 278)

Best time in course: 12:07

Category:

Rank in category: 17(of 41)

Senioren M30 (30-39 Jahre)

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. | 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 | 13:01 | 6:30 | 33 | 6:20 | 246 | 6:53 | 2.00 | 13:01 | 6:30 | 30 | 1:30 | 95 | 6:53 |
| Leichtathletikhalle | 2.00 | 8:28 | 4:14 | 5 | 1:48 | 37 | 2:29 | 4.00 | 21:29 | 5:22 | 17 | 8:08 | 150 | 9:22 |