



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Lange, Felix

Club: SV Lossatal Großneuhausen

Number: 485

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Männer (20-29 Jahre)

Total time: 20:04

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 128 (of 446)

Rank in course/Men: 107 (of 278)

Best time in course: 12:07

Rank in category: 15(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	9:16	4:38	11	3:08	73	3:08	2.00	9:16	4:38	1	-	97	3:08
Leichtathletikhalle	2.00	10:48	5:24	19	4:49	159	4:49	4.00	20:04	5:00	15	7:57	107	7:57