



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Melchert, Tino

Club: FSV Martinroda II

Number: 382

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 18:37

Speed: 12.89 km/h

Running performance: 4:39 min/km

Rank in course/Total: 87 (of 446)

Rank in course/Men: 76 (of 278)

Best time in course: 12:07

Rank in category: 6(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	9:11	4:35	5	2:30	71	3:03	2.00	9:11	4:35	31		58	3:03
Leichtathletikhalle	2.00	9:26	4:43	8	2:46	85	3:27	4.00	18:37	4:39	6	5:16	76	6:30