



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Keybe, Sebastian

Club: PSV Meiningen

Number: 346

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 13:21

Speed: 17.98 km/h

Running performance: 3:20 min/km

Rank in course/Total: 7 (of 446)

Rank in course/Men: 7 (of 278)

Best time in course: 12:07

Rank in category: 1(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	6:41	3:20	1	-	7	0:33	2.00	6:41	3:20	32		10	0:33
Leichtathletikhalle	2.00	6:40	3:20	1	-	6	0:41	4.00	13:21	3:20	1	-	7	1:14