



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Beylich, Danny

Number: 468

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:37

Speed: 11.64 km/h

Running performance: 5:09 min/km

Rank in course/Total: 147 (of 446)

Rank in course/Men: 120 (of 278)

Best time in course: 12:07

Rank in category: 12(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	10:14	5:06	11	3:33	112	4:06	2.00	10:14	5:06	22		110	4:06
Leichtathletikhalle	2.00	10:23	5:11	14	3:43	137	4:24	4.00	20:37	5:09	12	7:16	120	8:30