



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Friedrich, David

Club: Erfurt
Number: 215

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Männer (20-29 Jahre)

Total time: 22:20

Speed: 10.75 km/h
Running performance: 5:35 min/km

Rank in course/Total: 224 (of 446)

Rank in course/Men: 170 (of 278)

Best time in course: 12:07

Rank in category: 19(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	12:13	6:06	22	6:05	212	6:05	2.00	12:13	6:06	12	2:57	128	6:05
Leichtathletikhalle	2.00	10:07	5:03	17	4:08	120	4:08	4.00	22:20	5:34	19	10:13	170	10:13