



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Keiner, Sebastian

Club: Erfurter LAC

Number: 195

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Männer (20-29 Jahre)

Total time: 12:07

Speed: 19.81 km/h

Running performance: 3:02 min/km

Rank in course/Total: 1 (of 446)

Rank in course/Men: 1 (of 278)

Best time in course: 12:07

Rank in category: 1(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	6:08	3:04	1	-	1	-	2.00	6:08	3:04	14		1	-
Leichtathletikhalle	2.00	5:59	2:59	1	-	1	-	4.00	12:07	3:01	1	-	1	-