



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Amberg, Alexander

Club: Schwanssee

Number: 339

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:49

Speed: 10.08 km/h

Running performance: 5:57 min/km

Rank in course/Total: 310 (of 446)

Rank in course/Men: 220 (of 278)

Best time in course: 12:07

Rank in category: 31(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	12:13	6:06	26	5:32	212	6:05	2.00	12:13	6:06	15	0:42	128	6:05
Leichtathletikhalle	2.00	11:36	5:47	30	4:56	207	5:37	4.00	23:49	5:57	31	10:28	220	11:42