



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Engel, Torsten

Club: Erfurt  
Number: 112

Course: 4.00 km  
Pokal der Sparkasse Mittelthüringen

Category:  
Senioren M30 (30-39 Jahre)

Total time: 23:48

Speed: 10.08 km/h  
Running performance: 5:57 min/km

Rank in course/Total: 308 (of 446)

Rank in course/Men: 218 (of 278)

Best time in course: 12:07

Rank in category: 29(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	11:34	5:46	20	4:53	186	5:26	2.00	11:34	5:46	40	0:03	160	5:26
Leichtathletikhalle	2.00	12:14	6:06	36	5:34	229	6:15	4.00	23:48	5:57	29	10:27	218	11:41