



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Sommer, Martin

Club: SC Impuls Erfurt

Number: 533

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Männer (20-29 Jahre)

Total time: 16:02

Speed: 14.97 km/h

Running performance: 4:01 min/km

Rank in course/Total: 27 (of 446)

Rank in course/Men: 25 (of 278)

Best time in course: 12:07

Rank in category: 5(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 | 7:49 | 3:54 | 5 | 1:41 | 24 | 1:41 | 2.00 | 7:49 | 3:54 | 22 | | 21 | 1:41 |
| Leichtathletikhalle | 2.00 | 8:13 | 4:06 | 6 | 2:14 | 27 | 2:14 | 4.00 | 16:02 | 4:00 | 5 | 3:55 | 25 | 3:55 |