



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Gärtner, Steve

Number: 487

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:10

Speed: 10.36 km/h

Running performance: 5:47 min/km

Rank in course/Total: 262 (of 446)

Rank in course/Men: 193 (of 278)

Best time in course: 12:07

Rank in category: 22(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	12:04	6:01	25	5:23	207	5:56	2.00	12:04	6:01	41	0:33	174	5:56
Leichtathletikhalle	2.00	11:06	5:32	24	4:26	181	5:07	4.00	23:10	5:47	22	9:49	193	11:03