



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Werkstätter, Alexander

Club: Erfurt
Number: 336

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Senioren M30 (30-39 Jahre)

Total time: 23:25

Speed: 10.25 km/h
Running performance: 5:51 min/km

Rank in course/Total: 283 (of 446)

Rank in course/Men: 207 (of 278)

Best time in course: 12:07

Rank in category: 27(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	12:02	6:00	24	5:21	204	5:54	2.00	12:02	6:00	12	0:31	180	5:54
Leichtathletikhalle	2.00	11:23	5:41	27	4:43	195	5:24	4.00	23:25	5:51	27	10:04	207	11:18