



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Möller, Stefan

Club: Erfurt
Number: 429

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Senioren M30 (30-39 Jahre)

Total time: 25:29

Speed: 9.42 km/h
Running performance: 6:22 min/km

Rank in course/Total: 363 (of 446)

Rank in course/Men: 244 (of 278)

Best time in course: 12:07

Rank in category: 36(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	12:48	6:24	31	6:07	235	6:40	2.00	12:48	6:24	2	1:17	139	6:40
Leichtathletikhalle	2.00	12:41	6:20	38	6:01	248	6:42	4.00	25:29	6:22	36	12:08	244	13:22