



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Petzold, Stefan

Club: Freeletics Erfurt

Number: 132

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 16:58

Speed: 14.15 km/h

Running performance: 4:14 min/km

Rank in course/Total: 44 (of 446)

Rank in course/Men: 38 (of 278)

Best time in course: 12:07

Rank in category: 4(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	9:20	4:40	6	2:39	77	3:12	2.00	9:20	4:40	23		26	3:12
Leichtathletikhalle	2.00	7:38	3:49	2	0:58	14	1:39	4.00	16:58	4:14	4	3:37	38	4:51