



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stibbe, Alexander

Club: Laufladen Erfurt

Number: 500

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 33:27

Speed: 7.17 km/h

Running performance: 8:22 min/km

Rank in course/Total: 445 (of 446)

Rank in course/Men: 276 (of 278)

Best time in course: 12:07

Rank in category: 41(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 | 16:21 | 8:10 | 41 | 9:40 | 276 | 10:13 | 2.00 | 16:21 | 8:10 | 4 | 4:50 | 195 | 10:13 |
| Leichtathletikhalle | 2.00 | 17:06 | 8:33 | 41 | 10:26 | 276 | 11:07 | 4.00 | 33:27 | 8:21 | 41 | 20:06 | 276 | 21:20 |