



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Minkmar, Steve

Number: 530

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 22:13

Speed: 10.80 km/h

Running performance: 5:33 min/km

Rank in course/Total: 219 (of 446)

Rank in course/Men: 167 (of 278)

Best time in course: 12:07

Rank in category: 18(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	11:49	5:54	21	5:08	196	5:41	2.00	11:49	5:54	9	0:18	220	5:41
Leichtathletikhalle	2.00	10:24	5:12	15	3:44	138	4:25	4.00	22:13	5:33	18	8:52	167	10:06