



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Lepa, Rick

Club: Erfurt

Number: 116

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:15

Speed: 11.85 km/h

Running performance: 5:04 min/km

Rank in course/Total: 135 (of 446)

Rank in course/Men: 111 (of 278)

Best time in course: 12:07

Rank in category: 9(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	10:07	5:03	8	3:26	103	3:59	2.00	10:07	5:03	10		80	3:59
Leichtathletikhalle	2.00	10:08	5:03	12	3:28	122	4:09	4.00	20:15	5:03	9	6:54	111	8:08