



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dopping, Matthias

Club: Erfurt
Number: 330

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Senioren M30 (30-39 Jahre)

Total time: 18:54

Speed: 12.70 km/h
Running performance: 4:43 min/km

Rank in course/Total: 97 (of 446)

Rank in course/Men: 82 (of 278)

Best time in course: 12:07

Rank in category: 7(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	9:30	4:45	7	2:49	88	3:22	2.00	9:30	4:45	11		222	3:22
Leichtathletikhalle	2.00	9:24	4:42	7	2:44	84	3:25	4.00	18:54	4:43	7	5:33	82	6:47