



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Christoph, Stephan

Club: Erfurt
Number: 174

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Senioren M30 (30-39 Jahre)

Total time: 23:17

Speed: 10.31 km/h
Running performance: 5:49 min/km

Rank in course/Total: 272 (of 446)

Rank in course/Men: 199 (of 278)

Best time in course: 12:07

Rank in category: 25(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	11:31	5:45	18	4:50	183	5:23	2.00	11:31	5:45	1	-	149	5:23
Leichtathletikhalle	2.00	11:46	5:53	32	5:06	212	5:47	4.00	23:17	5:49	25	9:56	199	11:10