



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Gentzel, Philipp

Club: Erfurter LAC

Number: 452

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Männer (20-29 Jahre)

Total time: 15:14

Speed: 15.75 km/h

Running performance: 3:49 min/km

Rank in course/Total: 19 (of 446)

Rank in course/Men: 17 (of 278)

Best time in course: 12:07

Rank in category: 4(of 25)

Best time in the category: 12:07

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 | 7:20 | 3:39 | 4 | 1:12 | 14 | 1:12 | 2.00 | 7:20 | 3:39 | 7 | | 242 | 1:12 |
| Leichtathletikhalle | 2.00 | 7:54 | 3:57 | 4 | 1:55 | 21 | 1:55 | 4.00 | 15:14 | 3:48 | 4 | 3:07 | 17 | 3:07 |