



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Mönchgesang, Jan

Club: SV Olympia Haßleben

Number: 502

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 16:49

Speed: 14.27 km/h

Running performance: 4:12 min/km

Rank in course/Total: 39 (of 446)

Rank in course/Men: 35 (of 278)

Best time in course: 12:07

Rank in category: 2(of 41)

Best time in the category: 13:21

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | | |
|---------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | |
| Runde Kurzstrecke | 2.00 | 8:24 | 4:12 | 2 | 1:43 | 35 | 2:16 | 2.00 | 8:24 | 4:12 | 24 | | | 18 | 2:16 |
| Leichtathletikhalle | 2.00 | 8:25 | 4:12 | 3 | 1:45 | 35 | 2:26 | 4.00 | 16:49 | 4:12 | 2 | 3:28 | | 35 | 4:42 |