



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Steube, Sebastian**

Club: ASV Erfurt

Number: 442

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Männer (20-29 Jahre)

Total time: 20:58

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 167 (of 446)

Rank in course/Men: 132 (of 278)

Best time in course: 12:07

Rank in category: 17(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	11:19	5:39	19	5:11	173	5:11	2.00	11:19	5:39	3	2:03	268	5:11
Leichtathletikhalle	2.00	9:39	4:49	16	3:40	98	3:40	4.00	20:58	5:14	17	8:51	132	8:51