



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Krauß, Jan

Club: Lauffreunde Lützer See

Number: 352

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 18:11

Speed: 13.20 km/h

Running performance: 4:33 min/km

Rank in course/Total: 77 (of 446)

Rank in course/Men: 68 (of 278)

Best time in course: 12:07

Rank in category: 13(of 60)

Best time in the category: 14:12

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	9:29	4:44	19	2:34	87	3:21	2.00	9:29	4:44	39		46	3:21
Leichtathletikhalle	2.00	8:42	4:20	7	1:25	50	2:43	4.00	18:11	4:32	13	3:59	68	6:04