



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Cierpinski, Jonathan

Club: SG Spergau

Number: 491

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 12:12

Speed: 19.67 km/h

Running performance: 3:03 min/km

Rank in course/Total: 2 (of 446)

Rank in course/Men: 2 (of 278)

Best time in course: 12:07

Rank in category: 1(of 2)

Best time in the category: 12:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Kurzstrecke	2.00	6:08	3:04	1	-	1	-	2.00	6:08	3:04	1	-	1	-
Leichtathletikhalle	2.00	6:04	3:01	1	-	2	0:05	4.00	12:12	3:02	1	-	2	0:05