



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Groch, Paul

Club: RV-Elxleben

Number: 98

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 22:07

Speed: 10.85 km/h

Running performance: 5:32 min/km

Rank in course/Total: 213 (of 446)

Rank in course/Men: 163 (of 278)

Best time in course: 12:07

Rank in category: 14(of 19)

Best time in the category: 14:56

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	10:35	5:17	14	3:09	131	4:27	2.00	10:35	5:17	1	-	94	4:27
Leichtathletikhalle	2.00	11:32	5:46	16	4:02	203	5:33	4.00	22:07	5:31	14	7:11	163	10:00