



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Mönchgesang, Nils

Club: Fc Rot- Weiss- Erfurt

Number: 501

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

männliche Schüler U12 (11 Jahre und jünger)

Total time: 23:22

Speed: 10.27 km/h

Running performance: 5:50 min/km

Rank in course/Total: 280 (of 446)

Rank in course/Men: 204 (of 278)

Best time in course: 12:07

Rank in category: 30(of 43)

Best time in the category: 16:21

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	11:18	5:39	26	3:15	172	5:10	2.00	11:18	5:39	2		135	5:10
Leichtathletikhalle	2.00	12:04	6:01	35	3:46	226	6:05	4.00	23:22	5:50	30	7:01	204	11:15