



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Eras, Julius

Club: Erfurt

Number: 184

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 17:32

Speed: 13.69 km/h

Running performance: 4:23 min/km

Rank in course/Total: 61 (of 446)

Rank in course/Men: 53 (of 278)

Best time in course: 12:07

Rank in category: 9(of 17)

Best time in the category: 12:48

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	8:59	4:29	9	2:39	67	2:51	2.00	8:59	4:29	2		238	2:51
Leichtathletikhalle	2.00	8:33	4:16	9	2:05	40	2:34	4.00	17:32	4:23	9	4:44	53	5:25