



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Frischmuth, Julius

Club: Witterda

Number: 116

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 19:25

Speed: 12.36 km/h

Running performance: 4:51 min/km

Rank in course/Total: 118 (of 389)

Rank in course/Men: 94 (of 249)

Best time in course: 11:54

Rank in category: 22(of 60)

Best time in the category: 14:20

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	2.00	9:18	4:39	19	2:15	77	3:19	2.00	9:18	4:39	47		80	3:18
Leichtathletikhalle	2.00	10:07	5:03	28	2:50	131	4:13	4.00	19:25	4:51	22	5:05	94	7:31