



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Reuter, Lorenz

Club: SV Empor Erfurt

Number: 74

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 19:55

Speed: 12.05 km/h

Running performance: 4:59 min/km

Rank in course/Total: 141 (of 389)

Rank in course/Men: 111 (of 249)

Best time in course: 11:54

Rank in category: 27 (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	9:56	4:58	31	2:53	109	3:57	2.00	9:56	4:58	51		92	3:56
Leichtathletikhalle	2.00	9:59	4:59	24	2:42	115	4:05	4.00	19:55	4:58	27	5:35	111	8:01