



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hörseljau, Kai

Club: SSV Erfurt Nord e.V.

Number: 115

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 21:30

Speed: 11.16 km/h

Running performance: 5:23 min/km

Rank in course/Total: 207 (of 389)

Rank in course/Men: 160 (of 249)

Best time in course: 11:54

Rank in category: 5 (of 7)

Best time in the category: 13:17

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	11:44	5:51	6	5:24	197	5:45	2.00	11:44	5:51	5	5:24	145	5:44
Leichtathletikhalle	2.00	9:46	4:53	4	2:49	102	3:52	4.00	21:30	5:22	5	8:13	160	9:36