



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Lenk, Hannes

Club: FSV Sömmerda

Number: 170

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 21:34

Speed: 11.13 km/h

Running performance: 5:23 min/km

Rank in course/Total: 209 (of 389)

Rank in course/Men: 161 (of 249)

Best time in course: 11:54

Rank in category: 39(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	10:55	5:27	43	3:52	163	4:56	2.00	10:55	5:27	2		148	4:55
Leichtathletikhalle	2.00	10:39	5:19	36	3:22	154	4:45	4.00	21:34	5:23	39	7:14	161	9:40