



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

König, Mark

Club: Quasti

Number: 126

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 23:55

Speed: 10.03 km/h

Running performance: 5:59 min/km

Rank in course/Total: 286 (of 389)

Rank in course/Men: 215 (of 249)

Best time in course: 11:54

Rank in category: 53 (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	12:25	6:12	55	5:22	222	6:26	2.00	12:25	6:12	10		174	6:25
Leichtathletikhalle	2.00	11:30	5:45	52	4:13	206	5:36	4.00	23:55	5:58	53	9:35	215	12:01