



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Adams, Milan**

Club: Erfurt  
Number: 215

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:  
männliche Jugend U14 (12-13 Jahre)

Total time: 25:18

Speed: 9.49 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 333 (of 389)

Rank in course/Men: 236 (of 249)

Best time in course: 11:54

Rank in category: 57(of 60)

Best time in the category: 14:20

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	12:30	6:15	56	5:27	224	6:31	2.00	12:30	6:15	13		179	6:30
Leichtathletikhall	2.00	12:48	6:24	56	5:31	234	6:54	4.00	25:18	6:19	57	10:58	236	13:24