



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Joost, Niklas

Club: Erfurt
Number: 193

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:
männliche Jugend U14 (12-13 Jahre)

Total time: 20:13

Speed: 11.87 km/h
Running performance: 5:03 min/km

Rank in course/Total: 157 (of 389)

Rank in course/Men: 124 (of 249)

Best time in course: 11:54

Rank in category: 32(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	10:01	5:00	32	2:58	118	4:02	2.00	10:01	5:00	4		152	4:01
Leichtathletikhäl	2.00	10:12	5:05	30	2:55	134	4:18	4.00	20:13	5:03	32	5:53	124	8:19