



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Jacob, Sascha

Club: Oskars Läufer

Number: 1565

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 17:37

Speed: 13.62 km/h

Running performance: 4:24 min/km

Rank in course/Total: 68 (of 389)

Rank in course/Men: 56 (of 249)

Best time in course: 11:54

Rank in category: 6(of 13)

Best time in the category: 14:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:31	4:15	5	1:40	52	2:32	2.00	8:31	4:15	11	1:40	207	2:31
Leichtathletikh	2.00	9:06	4:32	7	1:55	65	3:12	4.00	17:37	4:24	6	3:35	56	5:43