



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Koch, Marlon

Club: SC Fortuna Erfurt

Number: 296

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternachten

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 23:09

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 262 (of 389)

Rank in course/Men: 201 (of 249)

Best time in course: 11:54

Rank in category: 48(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:50	5:55	49	4:47	199	5:51	2.00	11:50	5:55	22		188	5:50
Leichtathletikhalle	2.00	11:19	5:39	47	4:02	199	5:25	4.00	23:09	5:47	48	8:49	201	11:15