



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Eras, Julius

Club: Erfurt
Number: 101

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 19:16

Speed: 12.46 km/h

Running performance: 4:49 min/km

Rank in course/Total: 108 (of 389)

Rank in course/Men: 85 (of 249)

Best time in course: 11:54

Rank in category: 9 (of 13)

Best time in the category: 14:02

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	10:15	5:07	12	3:24	130	4:16	2.00	10:15	5:07	9	3:24	82	4:15
Leichtathletikhalle	2.00	9:01	4:30	6	1:50	60	3:07	4.00	19:16	4:48	9	5:14	85	7:22