



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Terp, Heiner

Club: ELAC

Number: 182

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 14:53

Speed: 16.13 km/h

Running performance: 3:43 min/km

Rank in course/Total: 20 (of 389)

Rank in course/Men: 17 (of 249)

Best time in course: 11:54

Rank in category: 4 (of 9)

Best time in the category: 12:48

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	7:04	3:31	4	0:55	15	1:05	2.00	7:04	3:31	4	0:55	17	1:04
Leichtathletikhalle	2.00	7:49	3:54	4	1:10	21	1:55	4.00	14:53	3:43	4	2:05	17	2:59