



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Cramer, Marius

Club: ASV

Number: 137

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 20:46

Speed: 11.56 km/h

Running performance: 5:11 min/km

Rank in course/Total: 178 (of 389)

Rank in course/Men: 143 (of 249)

Best time in course: 11:54

Rank in category: 36(of 60)

Best time in the category: 14:20

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	10:17	5:08	37	3:14	132	4:18	2.00	10:17	5:08	3		150	4:17
Leichtathletikhall	2.00	10:29	5:14	33	3:12	143	4:35	4.00	20:46	5:11	36	6:26	143	8:52