



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Mönch, Leon

Club: ELAC

Number: 195

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 19:56

Speed: 12.04 km/h

Running performance: 4:59 min/km

Rank in course/Total: 142 (of 389)

Rank in course/Men: 112 (of 249)

Best time in course: 11:54

Rank in category: 28(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:01	5:00	32	2:58	118	4:02	2.00	10:01	5:00	4		152	4:01
Leichtathletikhäl	2.00	9:55	4:57	23	2:38	111	4:01	4.00	19:56	4:59	28	5:36	112	8:02