



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Gnüg, Rodi-Ramon

Club: LAC

Number: 194

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 20:36

Speed: 11.65 km/h

Running performance: 5:09 min/km

Rank in course/Total: 169 (of 389)

Rank in course/Men: 134 (of 249)

Best time in course: 11:54

Rank in category: 34(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	9:38	4:48	25	2:35	88	3:39	2.00	9:38	4:48	7		165	3:38
Leichtathletikhäl	2.00	10:58	5:29	41	3:41	176	5:04	4.00	20:36	5:09	34	6:16	134	8:42