



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Zimmermann, Jonas

Club: SWE Volley-Team

Number: 291

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 25:55

Speed: 9.26 km/h

Running performance: 6:29 min/km

Rank in course/Total: 343 (of 389)

Rank in course/Men: 239 (of 249)

Best time in course: 11:54

Rank in category: 58(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	10:56	5:28	44	3:53	164	4:57	2.00	10:56	5:28	14		159	4:56
Leichtathletikhalle	2.00	14:59	7:29	60	7:42	247	9:05	4.00	25:55	6:28	58	11:35	239	14:01