



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Küster, Mats

Club: Hamburg

Number: 34

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 19:41

Speed: 12.19 km/h

Running performance: 4:55 min/km

Rank in course/Total: 130 (of 389)

Rank in course/Men: 103 (of 249)

Best time in course: 11:54

Rank in category: 25(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	9:23	4:41	22	2:20	80	3:24	2.00	9:23	4:41	15		66	3:23
Leichtathletikhäl	2.00	10:18	5:09	31	3:01	138	4:24	4.00	19:41	4:55	25	5:21	103	7:47