



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rebenschütz, Erik

Club: Erfurt
Number: 279

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:
männliche Jugend U14 (12-13 Jahre)

Total time: 28:04

Speed: 8.55 km/h
Running performance: 7:01 min/km

Rank in course/Total: 363 (of 389)

Rank in course/Men: 246 (of 249)

Best time in course: 11:54

Rank in category: 60(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	14:05	7:02	60	7:02	247	8:06	2.00	14:05	7:02	1	-	192	8:05
Leichtathletikhalle	2.00	13:59	6:59	58	6:42	242	8:05	4.00	28:04	7:00	60	13:44	246	16:10