



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Joost, Niklas**

Club: Erfurt  
Number: 193

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:  
männliche Jugend U14 (12-13 Jahre)

Total time: 20:13

Speed: 11.87 km/h  
Running performance: 5:03 min/km

Rank in course/Total: 157 (of 389)

Rank in course/Men: 124 (of 249)

Best time in course: 11:54

Rank in category: 32 (of 60)

Best time in the category: 14:20

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                     |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde               | 2.00        | 10:01         | 5:00            | 32          | 2:58           | 118         | 4:02          | 2.00          | 10:01         | 5:00            | 4           |                | 152        | 4:01          |
| Leichtathletikhalle | 2.00        | 10:12         | 5:05            | 30          | 2:55           | 134         | 4:18          | 4.00          | 20:13         | 5:03            | 32          | 5:53           | 124        | 8:19          |