



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schrader, Adrian

Club: Erfurt
Number: 110

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 22:10

Speed: 10.83 km/h

Running performance: 5:32 min/km

Rank in course/Total: 229 (of 389)

Rank in course/Men: 178 (of 249)

Best time in course: 11:54

Rank in category: 43(of 60)

Best time in the category: 14:20

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	10:46	5:23	39	3:43	150	4:47	2.00	10:46	5:23	23		168	4:46
Leichtathletikhalle	2.00	11:24	5:42	49	4:07	201	5:30	4.00	22:10	5:32	43	7:50	178	10:16