



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Giske, Luis

Club: SV Empor

Number: 86

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 22:20

Speed: 10.75 km/h

Running performance: 5:35 min/km

Rank in course/Total: 234 (of 389)

Rank in course/Men: 181 (of 249)

Best time in course: 11:54

Rank in category: 45(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	10:39	5:19	38	3:36	146	4:40	2.00	10:39	5:19	29		241	4:39
Leichtathletikhalle	2.00	11:41	5:50	53	4:24	212	5:47	4.00	22:20	5:34	45	8:00	181	10:26