



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rose, Steven

Club: LSV Ilmenau

Number: 45

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 16:21

Speed: 14.68 km/h

Running performance: 4:05 min/km

Rank in course/Total: 41 (of 389)

Rank in course/Men: 34 (of 249)

Best time in course: 11:54

Rank in category: 3(of 7)

Best time in the category: 13:17

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	8:07	4:03	3	1:47	39	2:08	2.00	8:07	4:03	3	1:47	32	2:07
Leichtathletikhalle	2.00	8:14	4:06	3	1:17	32	2:20	4.00	16:21	4:05	3	3:04	34	4:27