



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hesse, Robin

Club: LAC Erfurt

Number: 226

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 16:34

Speed: 14.49 km/h

Running performance: 4:08 min/km

Rank in course/Total: 49 (of 389)

Rank in course/Men: 40 (of 249)

Best time in course: 11:54

Rank in category: 11 (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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Runde	2.00	8:17	4:08	14	1:14	45	2:18	2.00	8:17	4:08	42		43	2:17
Leichtathletikhalle	2.00	8:17	4:08	7	1:00	35	2:23	4.00	16:34	4:08	11	2:14	40	4:40