



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Heß, Lukas Maximilian

Club: Eisenach

Number: 172

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 18:16

Speed: 13.14 km/h

Running performance: 4:34 min/km

Rank in course/Total: 81 (of 389)

Rank in course/Men: 65 (of 249)

Best time in course: 11:54

Rank in category: 7(of 13)

Best time in the category: 14:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:03	4:31	8	2:12	70	3:04	2.00	9:03	4:31	6	2:12	57	3:03
Leichtathletikhall	2.00	9:13	4:36	8	2:02	69	3:19	4.00	18:16	4:33	7	4:14	65	6:22