



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hiese, Jonas

Club: SLG Bad Langensalza

Number: 119

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 18:44

Speed: 12.81 km/h

Running performance: 4:41 min/km

Rank in course/Total: 91 (of 389)

Rank in course/Men: 73 (of 249)

Best time in course: 11:54

Rank in category: 8(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	9:06	4:32	9	2:15	72	3:07	2.00	9:06	4:32	7	2:15	72	3:06
Leichtathletikhäl	2.00	9:38	4:48	10	2:27	92	3:44	4.00	18:44	4:41	8	4:42	73	6:50