



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Aderhold, Jason

Club: Kounq Dragons Erfurt

Number: 344

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 19:19

Speed: 12.42 km/h

Running performance: 4:50 min/km

Rank in course/Total: 112 (of 389)

Rank in course/Men: 89 (of 249)

Best time in course: 11:54

Rank in category: 19(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:20	4:40	21	2:17	79	3:21	2.00	9:20	4:40	31		78	3:20
Leichtathletikhäl	2.00	9:59	4:59	24	2:42	115	4:05	4.00	19:19	4:49	19	4:59	89	7:25