



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Scheel, Cedric

Club: Eisenacher LV

Number: 905

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 48:32

Speed: 12.36 km/h

Running performance: 4:51 min/km

Rank in course/Total: 277 (of 686)

Rank in course/Men: 250 (of 543)

Best time in course: 29:39

Rank in category: 10(of 20)

Best time in the category: 32:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:23	4:41	8	2:58	177	3:21	2.00	9:23	4:41	3		146	3:21
Runde	2.00	9:37	4:48	10	3:05	270	3:40	4.00	19:00	4:45	3		432	7:01
Runde	2.00	9:49	4:54	13	3:09	282	3:54	6.00	28:49	4:48	3		163	10:55
Runde	2.00	9:57	4:58	11	3:29	279	4:02	8.00	38:46	4:50	3		430	14:57
Leichtathletikhalle	2.00	9:46	4:53	10	3:27	284	3:56	10.00	48:32	4:51	10	16:08	250	18:53