



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bust, Maximilian

Club: 1. Karateverein Erfurt e.V.

Number: 502

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 18:00

Speed: 13.33 km/h

Running performance: 4:30 min/km

Rank in course/Total: 104 (of 477)

Rank in course/Men: 89 (of 315)

Best time in course: 12:17

Rank in category: 11(of 18)

Best time in the category: 13:58

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	8:35	4:17	10	1:48	74	2:35	2.00	8:35	4:17	9	0:14	49	2:35
Leichtathletikh	2.00	9:25	4:42	11	2:27	107	3:11	4.00	18:00	4:30	11	4:02	89	5:43