



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Geßner, Jakob

Club: LTV Erfurt

Number: 157

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 15:09

Speed: 15.84 km/h

Running performance: 3:47 min/km

Rank in course/Total: 27 (of 477)

Rank in course/Men: 25 (of 315)

Best time in course: 12:17

Rank in category: 2(of 67)

Best time in the category: 14:54

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	7:38	3:49	3	0:32	30	1:38	2.00	7:38	3:49	54		104	1:38
Leichtathletikhalle	2.00	7:31	3:45	2	0:07	21	1:17	4.00	15:09	3:47	2	0:15	25	2:52