



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kneist, Hans

Club: Erfurter LAC

Number: 314

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 13:59

Speed: 17.16 km/h

Running performance: 3:30 min/km

Rank in course/Total: 12 (of 477)

Rank in course/Men: 12 (of 315)

Best time in course: 12:17

Rank in category: 2(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	6:47	3:23	1	-	9	0:47	2.00	6:47	3:23	17		9	0:47
Leichtathletikh	2.00	7:12	3:36	3	0:14	14	0:58	4.00	13:59	3:29	2	0:01	12	1:42