



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Stiebner, Rico

Club: Erfurt

Number: 173

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 18:23

Speed: 13.06 km/h

Running performance: 4:36 min/km

Rank in course/Total: 114 (of 477)

Rank in course/Men: 98 (of 315)

Best time in course: 12:17

Rank in category: 6(of 9)

Best time in the category: 13:03

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	9:21	4:40	6	2:57	106	3:21	2.00	9:21	4:40	7	2:57	128	3:21
Leichtathletikhalle	2.00	9:02	4:30	7	2:23	91	2:48	4.00	18:23	4:35	6	5:20	98	6:06