



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Merten, Eric

Club: Erfurt

Number: 105

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 21:03

Speed: 11.40 km/h

Running performance: 5:16 min/km

Rank in course/Total: 215 (of 477)

Rank in course/Men: 169 (of 315)

Best time in course: 12:17

Rank in category: 16(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	10:54	5:27	16	4:07	189	4:54	2.00	10:54	5:27	6	2:33	120	4:54
Leichtathletikhalle	2.00	10:09	5:04	14	3:11	152	3:55	4.00	21:03	5:15	16	7:05	169	8:46