



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dellith, Tilmann

Club: LTV Erfurt

Number: 154

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternachten

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 14:04

Speed: 17.06 km/h

Running performance: 3:31 min/km

Rank in course/Total: 13 (of 477)

Rank in course/Men: 13 (of 315)

Best time in course: 12:17

Rank in category: 3(of 17)

Best time in the category: 12:20

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	7:08	3:34	4	1:02	19	1:08	2.00	7:08	3:34	13		17	1:08
Leichtathletikhalle	2.00	6:56	3:28	3	0:42	8	0:42	4.00	14:04	3:30	3	1:44	13	1:47