



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Seifert, Niclas

Club: Rot-Weiß Erfurt

Number: 521

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 24:03

Speed: 9.98 km/h

Running performance: 6:01 min/km

Rank in course/Total: 382 (of 477)

Rank in course/Men: 272 (of 315)

Best time in course: 12:17

Rank in category: 56(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	12:23	6:11	61	5:17	279	6:23	2.00	12:23	6:11	17	0:45	181	6:23
Leichtathletikhalle	2.00	11:40	5:49	51	4:16	259	5:26	4.00	24:03	6:00	56	9:09	272	11:46