



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Johannes, Sluka

Club: Salza-Läufer

Number: 529

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternachten

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 23:07

Speed: 10.38 km/h

Running performance: 5:47 min/km

Rank in course/Total: 338 (of 477)

Rank in course/Men: 249 (of 315)

Best time in course: 12:17

Rank in category: 50(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	10:50	5:25	43	3:44	178	4:50	2.00	10:50	5:25	9		134	4:50
Leichtathletikhalle	2.00	12:17	6:08	56	4:53	283	6:03	4.00	23:07	5:46	50	8:13	249	10:50