



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Mulsow, Lukas

Club: ESC Erfurt

Number: 219

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 16:20

Speed: 14.69 km/h

Running performance: 4:05 min/km

Rank in course/Total: 47 (of 477)

Rank in course/Men: 41 (of 315)

Best time in course: 12:17

Rank in category: 5 (of 18)

Best time in the category: 13:58

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	8:07	4:03	7	1:20	48	2:07	2.00	8:07	4:03	14		32	2:07
Leichtathletikhalle	2.00	8:13	4:06	5	1:15	43	1:59	4.00	16:20	4:04	5	2:22	41	4:03