



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Osso, Rudi

Club: Erfurt
Number: 560

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:
männliche Jugend U20 (18-19 Jahre)

Total time: 15:16

Speed: 15.72 km/h
Running performance: 3:49 min/km

Rank in course/Total: 29 (of 477)

Rank in course/Men: 27 (of 315)

Best time in course: 12:17

Rank in category: 2 (of 9)

Best time in the category: 13:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	7:19	3:39	2	0:55	24	1:19	2.00	7:19	3:39	3	0:55	24	1:19
Leichtathletikhäl	2.00	7:57	3:58	4	1:18	38	1:43	4.00	15:16	3:49	2	2:13	27	2:59