



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Lang, Sebastian**

Club: TSV Kerspleben

Number: 174

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 20:10

Speed: 11.90 km/h

Running performance: 5:02 min/km

Rank in course/Total: 174 (of 477)

Rank in course/Men: 142 (of 315)

Best time in course: 12:17

Rank in category: 36(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.	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	10:23	5:11	39	3:17	153	4:23	2.00	10:23	5:11	25		285	4:23
Leichtathletikhäl	2.00	9:47	4:53	29	2:23	130	3:33	4.00	20:10	5:02	36	5:16	142	7:53