



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rudolph, Yannick

Club: ESC Erfurt e.V.

Number: 92

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 18:00

Speed: 13.33 km/h

Running performance: 4:30 min/km

Rank in course/Total: 103 (of 477)

Rank in course/Men: 89 (of 315)

Best time in course: 12:17

Rank in category: 18(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	9:39	4:49	31	2:33	120	3:39	2.00	9:39	4:49	35		38	3:39
Leichtathletikh	2.00	8:21	4:10	6	0:57	51	2:07	4.00	18:00	4:30	18	3:06	89	5:43