



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kneist, Karl

Club: Erfurter LAC

Number: 166

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 13:03

Speed: 18.39 km/h

Running performance: 3:16 min/km

Rank in course/Total: 6 (of 477)

Rank in course/Men: 6 (of 315)

Best time in course: 12:17

Rank in category: 1(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	6:24	3:12	1	-	8	0:24	2.00	6:24	3:12	1	-	7	0:24
Leichtathletikhäl	2.00	6:39	3:19	1	-	6	0:25	4.00	13:03	3:15	1	-	6	0:46