



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ammarell, Ricardo

Club: HSV Weimar/ Triathlon

Number: 624

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 15:04

Speed: 15.93 km/h

Running performance: 3:46 min/km

Rank in course/Total: 26 (of 477)

Rank in course/Men: 24 (of 315)

Best time in course: 12:17

Rank in category: 7(of 17)

Best time in the category: 12:20

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	7:20	3:39	7	1:14	26	1:20	2.00	7:20	3:39	1	-	103	1:20
Leichtathletikhalle	2.00	7:44	3:52	7	1:30	29	1:30	4.00	15:04	3:46	7	2:44	24	2:47