



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Röske, Charles Lennart

Club: Erfurt
Number: 504

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:
männliche Jugend U14 (12-13 Jahre)

Total time: 20:54

Speed: 11.48 km/h
Running performance: 5:13 min/km

Rank in course/Total: 202 (of 477)

Rank in course/Men: 162 (of 315)

Best time in course: 12:17

Rank in category: 38(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	10:37	5:18	41	3:31	161	4:37	2.00	10:37	5:18	57		114	4:37
Leichtathletikhäl	2.00	10:17	5:08	36	2:53	165	4:03	4.00	20:54	5:13	38	6:00	162	8:37