



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Frischmuth, Julius

Club: Oskars Läufer

Number: 519

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 20:06

Speed: 11.94 km/h

Running performance: 5:02 min/km

Rank in course/Total: 170 (of 477)

Rank in course/Men: 138 (of 315)

Best time in course: 12:17

Rank in category: 14(of 18)

Best time in the category: 13:58

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	9:40	4:49	13	2:53	122	3:40	2.00	9:40	4:49	8	1:19	39	3:40
Leichtathletikhalle	2.00	10:26	5:13	16	3:28	180	4:12	4.00	20:06	5:01	14	6:08	138	7:49