



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Arndt, Lukas

Club: Bad Vilbel

Number: 286

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 21:35

Speed: 11.12 km/h

Running performance: 5:24 min/km

Rank in course/Total: 241 (of 477)

Rank in course/Men: 189 (of 315)

Best time in course: 12:17

Rank in category: 41 (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	10:55	5:27	47	3:49	195	4:55	2.00	10:55	5:27	59		117	4:55
Leichtathletikhah	2.00	10:40	5:19	40	3:16	196	4:26	4.00	21:35	5:23	41	6:41	189	9:18