



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dunkel, Nils

Club: MTV 1860 Erfurt

Number: 542

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 19:18

Speed: 12.44 km/h

Running performance: 4:49 min/km

Rank in course/Total: 144 (of 477)

Rank in course/Men: 116 (of 315)

Best time in course: 12:17

Rank in category: 12(of 17)

Best time in the category: 12:20

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	9:38	4:48	11	3:32	118	3:38	2.00	9:38	4:48	7	2:18	129	3:38
Leichtathletikhalle	2.00	9:40	4:49	14	3:26	126	3:26	4.00	19:18	4:49	12	6:58	116	7:01