



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Gluschak, Alexander**

Club: Erfurt  
Number: 215

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:  
männliche Jugend U18 (16-17 Jahre)

Total time: 20:47

Speed: 11.55 km/h  
Running performance: 5:12 min/km

Rank in course/Total: 198 (of 477)

Rank in course/Men: 159 (of 315)

Best time in course: 12:17

Rank in category: 15(of 17)

Best time in the category: 12:20

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                     |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde               | 2.00        | 10:48         | 5:24            | 15          | 4:42           | 175         | 4:48          | 2.00          | 10:48         | 5:24            | 5           | 3:28           | 143        | 4:48          |
| Leichtathletikhalle | 2.00        | 9:59          | 4:59            | 15          | 3:45           | 143         | 3:45          | 4.00          | 20:47         | 5:11            | 15          | 8:27           | 159        | 8:30          |