



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 Mittelfranken

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 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	10:48	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