



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ackermann, Sascha

Club: FCC Sömmerda

Number: 254

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 23:46

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 368 (of 477)

Rank in course/Men: 266 (of 315)

Best time in course: 12:17

Rank in category: 54 (of 67)

Best time in the category: 14:54

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	11:55	5:57	55	4:49	250	5:55	2.00	11:55	5:57	65	0:17	161	5:55
Leichtathletikhalle	2.00	11:51	5:55	54	4:27	270	5:37	4.00	23:46	5:56	54	8:52	266	11:29