



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Seifert, Niclas**

Club: Rot-Weiß Erfurt

Number: 521

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 24:03

Speed: 9.98 km/h

Running performance: 6:01 min/km

Rank in course/Total: 382 (of 477)

Rank in course/Men: 272 (of 315)

Best time in course: 12:17

Rank in category: 56(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  | 12:23 | 6:11   | 61   | 5:17   | 279 | 6:23   | 2.00  | 12:23 | 6:11   | 17   | 0:45   | 181 | 6:23   |
| Leichtathletikhalle | 2.00  | 11:40 | 5:49   | 51   | 4:16   | 259 | 5:26   | 4.00  | 24:03 | 6:00   | 56   | 9:09   | 272 | 11:46  |