



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Henkel, Noah

Club: Erfurter LAC

Number: 630

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 16:38

Speed: 14.43 km/h

Running performance: 4:10 min/km

Rank in course/Total: 61 (of 477)

Rank in course/Men: 55 (of 315)

Best time in course: 12:17

Rank in category: 8 (of 67)

Best time in the category: 14:54

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	8:08	4:03	5	1:02	49	2:08	2.00	8:08	4:03	26		18	2:08
Leichtathletikhalle	2.00	8:30	4:15	9	1:06	64	2:16	4.00	16:38	4:09	8	1:44	55	4:21