



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Joost, cedric

Club: Erfurt
Number: 277

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:
männliche Jugend U14 (12-13 Jahre)

Total time: 24:02

Speed: 9.99 km/h
Running performance: 6:01 min/km

Rank in course/Total: 380 (of 477)

Rank in course/Men: 271 (of 315)

Best time in course: 12:17

Rank in category: 55(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	11:38	5:48	53	4:32	231	5:38	2.00	11:38	5:48	1	-	141	5:38
Leichtathletikhah	2.00	12:24	6:12	58	5:00	285	6:10	4.00	24:02	6:00	55	9:08	271	11:45