



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Spindler, Falko

Club: Erfurter LAC

Number: 165

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 12:20

Speed: 19.46 km/h

Running performance: 3:05 min/km

Rank in course/Total: 3 (of 477)

Rank in course/Men: 2 (of 315)

Best time in course: 12:17

Rank in category: 1(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	6:06	3:02	1	-	2	0:06	2.00	6:06	3:02	10		2	0:06
Leichtathletikhalle	2.00	6:14	3:07	1	-	1	-	4.00	12:20	3:05	1	-	2	0:03