



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Küster, Marvin Frederik

Club: LSV Ilmenau

Number: 39

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 15:25

Speed: 15.57 km/h

Running performance: 3:51 min/km

Rank in course/Total: 33 (of 477)

Rank in course/Men: 30 (of 315)

Best time in course: 12:17

Rank in category: 3(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	7:36	3:47	2	0:30	29	1:36	2.00	7:36	3:47	50		30	1:36
Leichtathletikhah	2.00	7:49	3:54	4	0:25	32	1:35	4.00	15:25	3:51	3	0:31	30	3:08