



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Mörstedt, Dennis

Club: LSV Neunheiligen

Number: 525

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 22:52

Speed: 10.50 km/h

Running performance: 5:43 min/km

Rank in course/Total: 319 (of 477)

Rank in course/Men: 240 (of 315)

Best time in course: 12:17

Rank in category: 48(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 | 11:11 | 5:35 | 48 | 4:05 | 215 | 5:11 | 2.00 | 11:11 | 5:35 | 5 | | 225 | 5:11 |
| Leichtathletikhalle | 2.00 | 11:41 | 5:50 | 52 | 4:17 | 261 | 5:27 | 4.00 | 22:52 | 5:43 | 48 | 7:58 | 240 | 10:35 |