



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kleineberg, Sascha

Club: Erfurt
Number: 626

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:
Männer (20-29 Jahre)

Total time: 22:22

Speed: 10.73 km/h
Running performance: 5:35 min/km

Rank in course/Total: 296 (of 477)

Rank in course/Men: 226 (of 315)

Best time in course: 12:17

Rank in category: 20(of 28)

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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	10:50	5:25	16	4:44	178	4:50	2.00	10:50	5:25	7			134	4:50		
Leichtathletikhalle	2.00	11:32	5:46	24	5:18	255	5:18	4.00	22:22	5:35	20	10:02		226	10:05		