



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Heinrich, Benedict**

Club: WSSV Wilhelmshoven

Number: 606

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 27:19

Speed: 8.79 km/h

Running performance: 6:50 min/km

Rank in course/Total: 450 (of 477)

Rank in course/Men: 307 (of 315)

Best time in course: 12:17

Rank in category: 67(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	14:08	7:03	67	7:02	312	8:08	2.00	14:08	7:03	34	2:30	228	8:08
Leichtathletikhalle	2.00	13:11	6:35	65	5:47	302	6:57	4.00	27:19	6:49	67	12:25	307	15:02