



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Osso, Rudi

Club: Erfurt
Number: 560

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 15:16

Speed: 15.72 km/h

Running performance: 3:49 min/km

Rank in course/Total: 29 (of 477)

Rank in course/Men: 27 (of 315)

Best time in course: 12:17

Rank in category: 2 (of 9)

Best time in the category: 13:03

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	7:19	3:39	2	0:55	24	1:19	2.00	7:19	3:39	3	0:55	24	1:19
Leichtathletikh	2.00	7:57	3:58	4	1:18	38	1:43	4.00	15:16	3:49	2	2:13	27	2:59