



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Mönch, Leon

Club: Erfurt LAC

Number: 618

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 19:17

Speed: 12.45 km/h

Running performance: 4:49 min/km

Rank in course/Total: 143 (of 477)

Rank in course/Men: 115 (of 315)

Best time in course: 12:17

Rank in category: 26(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	9:46	4:53	34	2:40	129	3:46	2.00	9:46	4:53	10		248	3:46
Leichtathletikhalle	2.00	9:31	4:45	25	2:07	112	3:17	4.00	19:17	4:49	26	4:23	115	7:00