



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Küster, Mats

Club: Hamburg

Number: 183

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 18:43

Speed: 12.82 km/h

Running performance: 4:41 min/km

Rank in course/Total: 124 (of 477)

Rank in course/Men: 104 (of 315)

Best time in course: 12:17

Rank in category: 23(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	9:21	4:40	24	2:15	106	3:21	2.00	9:21	4:40	30		128	3:21
Leichtathletikhäl	2.00	9:22	4:41	24	1:58	105	3:08	4.00	18:43	4:40	23	3:49	104	6:26