



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 Mitternellingen

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 | 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 | 9:21 | 4:40 | 24 | 2:15 | 106 | 3:21 | 2.00 | 9:21 | 4:40 | 30 | | 128 | 3:21 |
| Leichtathletikhalle | 2.00 | 9:22 | 4:41 | 24 | 1:58 | 105 | 3:08 | 4.00 | 18:43 | 4:40 | 23 | 3:49 | 104 | 6:26 |