



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wache, Friedrich

Club: SSV Erfurt 02

Number: 263

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 23:28

Speed: 10.23 km/h

Running performance: 5:52 min/km

Rank in course/Total: 359 (of 477)

Rank in course/Men: 258 (of 315)

Best time in course: 12:17

Rank in category: 52(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	10:51	5:25	44	3:45	183	4:51	2.00	10:51	5:25	29		167	4:51
Leichtathletikhalle	2.00	12:37	6:18	59	5:13	289	6:23	4.00	23:28	5:51	52	8:34	258	11:11