



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Eras, Julius

Club: Erfurt

Number: 70

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 19:15

Speed: 12.47 km/h

Running performance: 4:49 min/km

Rank in course/Total: 142 (of 477)

Rank in course/Men: 114 (of 315)

Best time in course: 12:17

Rank in category: 11(of 17)

Best time in the category: 12:20

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	10:34	5:16	13	4:28	159	4:34	2.00	10:34	5:16	2	3:14	266	4:34
Leichtathletikhalle	2.00	8:41	4:20	9	2:27	74	2:27	4.00	19:15	4:48	11	6:55	114	6:58