



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wache, Vincent

Club: SSV Erfurt 02

Number: 264

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 21:38

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 248 (of 477)

Rank in course/Men: 193 (of 315)

Best time in course: 12:17

Rank in category: 44(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	10:14	5:06	36	3:08	143	4:14	2.00	10:14	5:06	6		222	4:14
Leichtathletikhalle	2.00	11:24	5:42	47	4:00	246	5:10	4.00	21:38	5:24	44	6:44	193	9:21