



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Reuter, Lorenz

Club: SV Empor

Number: 231

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 23:07

Speed: 10.38 km/h

Running performance: 5:47 min/km

Rank in course/Total: 339 (of 477)

Rank in course/Men: 249 (of 315)

Best time in course: 12:17

Rank in category: 50(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	11:26	5:43	52	4:20	225	5:26	2.00	11:26	5:43	24		286	5:26
Leichtathletikhalle	2.00	11:41	5:50	52	4:17	261	5:27	4.00	23:07	5:46	50	8:13	249	10:50