



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Joost, Niklas

Club: Erfurt
Number: 276

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 19:38

Speed: 12.22 km/h

Running performance: 4:55 min/km

Rank in course/Total: 157 (of 477)

Rank in course/Men: 127 (of 315)

Best time in course: 12:17

Rank in category: 32(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	9:45	4:52	32	2:39	126	3:45	2.00	9:45	4:52	23		82	3:45
Leichtathletikhah	2.00	9:53	4:56	31	2:29	137	3:39	4.00	19:38	4:54	32	4:44	127	7:21