



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Winkler, Konstantin

Club: ELAC

Number: 688

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 18:16

Speed: 13.14 km/h

Running performance: 4:34 min/km

Rank in course/Total: 111 (of 477)

Rank in course/Men: 96 (of 315)

Best time in course: 12:17

Rank in category: 21(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	9:02	4:30	18	1:56	91	3:02	2.00	9:02	4:30	48			43	3:02
Leichtathletikhalle	2.00	9:14	4:36	21	1:50	101	3:00	4.00	18:16	4:33	21	3:22		96	5:59