



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Martin, Luca

Club: LTV Erfurt

Number: 171

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 18:08

Speed: 13.24 km/h

Running performance: 4:32 min/km

Rank in course/Total: 108 (of 477)

Rank in course/Men: 93 (of 315)

Best time in course: 12:17

Rank in category: 20(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	9:18	4:39	23	2:12	104	3:18	2.00	9:18	4:39	47		44	3:18
Leichtathletikhalle	2.00	8:50	4:25	14	1:26	87	2:36	4.00	18:08	4:31	20	3:14	93	5:51