



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Janke, Kai

Club: TSSC Erfurt

Number: 1179

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 50:13

Speed: 11.95 km/h

Running performance: 5:01 min/km

Rank in course/Total: 341 (of 686)

Rank in course/Men: 309 (of 543)

Best time in course: 29:39

Rank in category: 13(of 20)

Best time in the category: 32:24

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	10:08	5:03	12	3:43	278	4:06	2.00	10:08	5:03	14		207	4:06	
Runde	2.00	9:53	4:56	12	3:21	312	3:56	4.00	20:01	5:00	14		200	8:02	
Runde	2.00	10:08	5:03	14	3:28	328	4:13	6.00	30:09	5:01	14		204	12:15	
Runde	2.00	10:13	5:06	13	3:45	333	4:18	8.00	40:22	5:02	7		203	16:33	
Leichtathletikhalle	2.00	9:51	4:55	14	3:32	307	4:01	10.00	50:13	5:01	13	17:49	309	20:34	