



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lindeskog, Marlo

Club: LTV Erfurt

Number: 152

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 16:33

Speed: 14.50 km/h

Running performance: 4:08 min/km

Rank in course/Total: 54 (of 477)

Rank in course/Men: 48 (of 315)

Best time in course: 12:17

Rank in category: 7(of 18)

Best time in the category: 13:58

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	7:58	3:59	6	1:11	38	1:58	2.00	7:58	3:59	12		73	1:58
Leichtathletikh	2.00	8:35	4:17	8	1:37	68	2:21	4.00	16:33	4:08	7	2:35	48	4:16