



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wohlfarth, Jan

Club: Leipzig

Number: 563

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 19:45

Speed: 12.15 km/h

Running performance: 4:56 min/km

Rank in course/Total: 159 (of 477)

Rank in course/Men: 129 (of 315)

Best time in course: 12:17

Rank in category: 13(of 17)

Best time in the category: 12:20

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	10:09	5:04	12	4:03	141	4:09	2.00	10:09	5:04	12	2:49	77	4:09
Leichtathletikhalle	2.00	9:36	4:47	13	3:22	118	3:22	4.00	19:45	4:56	13	7:25	129	7:28