



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fink, Lennart

Club: Erfurt
Number: 265

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterthuringen

Category:
männliche Jugend U14 (12-13 Jahre)

Total time: 19:22

Speed: 12.39 km/h
Running performance: 4:50 min/km

Rank in course/Total: 146 (of 477)

Rank in course/Men: 118 (of 315)

Best time in course: 12:17

Rank in category: 28(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Pos km	Behind Time				Pos Men	Behind Men
Runde	2.00	9:45	4:52	32	2:39	126	3:45	2.00	9:45	4:52	23		82	3:45
Leichtathletikhalle	2.00	9:37	4:48	27	2:13	120	3:23	4.00	19:22	4:50	28	4:28	118	7:05