



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Joost, Niklas

Club: ETC Crimmitschau

Number: 27

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 20:03

Speed: 11.97 km/h

Running performance: 5:01 min/km

Rank in course/Total: 127 (of 446)

Rank in course/Men: 106 (of 278)

Best time in course: 12:07

Rank in category: 11(of 15)

Best time in the category: 13:10

Intermediate times

Stage score

Total ranking

Control	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 Kurzstrecke	2.00	11:03	5:31	13	4:43	155	4:55	2.00	11:03	5:31	9	4:43	89	4:55
Leichtathletikhalle	2.00	9:00	4:30	9	2:10	63	3:01	4.00	20:03	5:00	11	6:53	106	7:56