



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hempel, Jonas

Club: RV-Elxleben

Number: 96

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

männliche Schüler U12 (11 Jahre und jünger)

Total time: 21:24

Speed: 11.21 km/h

Running performance: 5:21 min/km

Rank in course/Total: 184 (of 446)

Rank in course/Men: 148 (of 278)

Best time in course: 12:07

Rank in category: 21(of 43)

Best time in the category: 16:21

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 Kurzstrecke	2.00	10:17	5:08	14	2:14	118	4:09	2.00	10:17	5:08	16		114	4:09
Leichtathletikhalle	2.00	11:07	5:33	26	2:49	184	5:08	4.00	21:24	5:20	21	5:03	148	9:17