



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Baumgärtel, Jonas

Club: Debeka

Number: 141

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 22:15

Speed: 10.79 km/h

Running performance: 5:34 min/km

Rank in course/Total: 222 (of 446)

Rank in course/Men: 168 (of 278)

Best time in course: 12:07

Rank in category: 15(of 19)

Best time in the category: 14:56

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	11:11	5:35	17	3:45	165	5:03	2.00	11:11	5:35	8	0:36	141	5:03
Leichtathletikhalle	2.00	11:04	5:31	15	3:34	179	5:05	4.00	22:15	5:33	15	7:19	168	10:08