



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Seifert, Niclas

Club: FC Rot-Weiß Erfurt

Number: 467

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

männliche Schüler U12 (11 Jahre und jünger)

Total time: 23:24

Speed: 10.26 km/h

Running performance: 5:51 min/km

Rank in course/Total: 282 (of 446)

Rank in course/Men: 206 (of 278)

Best time in course: 12:07

Rank in category: 31(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	11:23	5:41	27	3:20	176	5:15	2.00	11:23	5:41	12		133	5:15
Leichtathletikhalle	2.00	12:01	6:00	34	3:43	222	6:02	4.00	23:24	5:50	31	7:03	206	11:17