



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dembeck, Luca Cedric

Club: Bad Langensalza

Number: 21

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

männliche Schüler U12 (11 Jahre und jünger)

Total time: 23:37

Speed: 10.16 km/h

Running performance: 5:54 min/km

Rank in course/Total: 295 (of 446)

Rank in course/Men: 209 (of 278)

Best time in course: 12:07

Rank in category: 32(of 43)

Best time in the category: 16:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Kurzstrecke	2.00	11:51	5:55	30	3:48	197	5:43	2.00	11:51	5:55	6	0:12	159	5:43
Leichtathletikhalle	2.00	11:46	5:53	32	3:28	212	5:47	4.00	23:37	5:54	32	7:16	209	11:30