



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Flaig, Jaro

Club: Erfurt
Number: 142

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
männliche Schüler U12 (11 Jahre und jünger)

Total time: 21:37

Speed: 11.10 km/h
Running performance: 5:24 min/km

Rank in course/Total: 194 (of 446)

Rank in course/Men: 152 (of 278)

Best time in course: 12:07

Rank in category: 23(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	10:35	5:17	18	2:32	131	4:27	2.00	10:35	5:17	11		94	4:27
Leichtathletikhalle	2.00	11:02	5:30	24	2:44	177	5:03	4.00	21:37	5:24	23	5:16	152	9:30