



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hiese, Jonas

Club: SLG Bad Langensalza

Number: 28

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 19:09

Speed: 12.53 km/h

Running performance: 4:47 min/km

Rank in course/Total: 108 (of 446)

Rank in course/Men: 91 (of 278)

Best time in course: 12:07

Rank in category: 11(of 17)

Best time in the category: 12:48

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	10:28	5:14	14	4:08	125	4:20	2.00	10:28	5:14	5	0:51	216	4:20
Leichtathletikhalle	2.00	8:41	4:20	10	2:13	49	2:42	4.00	19:09	4:47	11	6:21	91	7:02