



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Körner, Max

Club: Erfurter LAC

Number: 187

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 15:42

Speed: 15.29 km/h

Running performance: 3:55 min/km

Rank in course/Total: 24 (of 446)

Rank in course/Men: 23 (of 278)

Best time in course: 12:07

Rank in category: 5(of 15)

Best time in the category: 13:10

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	7:28	3:44	4	1:08	20	1:20	2.00	7:28	3:44	14	1:08	231	1:20
Leichtathletikhalle	2.00	8:14	4:06	6	1:24	28	2:15	4.00	15:42	3:55	5	2:32	23	3:35