



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Joost, Cedric

Club: EHC Erfurt

Number: 23

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

männliche Schüler U12 (11 Jahre und jünger)

Total time: 23:41

Speed: 10.13 km/h

Running performance: 5:55 min/km

Rank in course/Total: 301 (of 446)

Rank in course/Men: 213 (of 278)

Best time in course: 12:07

Rank in category: 34(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	12:09	6:04	32	4:06	209	6:01	2.00	12:09	6:04	20	0:30	213	6:01
Leichtathletikhalle	2.00	11:32	5:46	29	3:14	203	5:33	4.00	23:41	5:55	34	7:20	213	11:34