



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Junghannß, Karl

Club: Erfurter LAC

Number: 1362

Course: 10.00 km

Vintage VDB Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 33:03

Speed: 18.15 km/h

Running performance: 3:18 min/km

Rank in course/Total: 4 (of 637)

Rank in course/Men: 4 (of 493)

Best time in course: 31:35

Rank in category: 1(of 21)

Best time in the category: 33:03

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 Langstrec	2.00	6:17	3:08	1	-	1	-	2.00	6:17	3:08	12		1	-
Runde Langstrec	2.00	6:30	3:15	1	-	4	0:07	4.00	12:47	3:11	12		4	0:07
Runde Langstrec	2.00	6:48	3:23	1	-	4	0:20	6.00	19:35	3:15	12		4	0:27
Runde Langstrec	2.00	6:47	3:23	1	-	5	0:23	8.00	26:22	3:17	12		4	0:50
Leichtathletikh	2.00	6:41	3:20	1	-	4	0:38	10.00	33:03	3:18	1	-	4	1:28