



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rau, Amon

Club: ESSC

Number: 254

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

männliche Schüler U12 (11 Jahre und jünger)

Total time: 18:42

Speed: 12.83 km/h

Running performance: 4:41 min/km

Rank in course/Total: 90 (of 446)

Rank in course/Men: 79 (of 278)

Best time in course: 12:07

Rank in category: 7(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	9:21	4:40	9	1:18	78	3:13	2.00	9:21	4:40	27		48	3:13
Leichtathletikhalle	2.00	9:21	4:40	6	1:03	81	3:22	4.00	18:42	4:40	7	2:21	79	6:35