



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Herzer, Nils

Club: Erfurter LAC

Number: 68

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 15:03

Speed: 15.95 km/h

Running performance: 3:46 min/km

Rank in course/Total: 16 (of 446)

Rank in course/Men: 15 (of 278)

Best time in course: 12:07

Rank in category: 3(of 15)

Best time in the category: 13:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Kurzstrecke	2.00	7:26	3:43	3	1:06	17	1:18	2.00	7:26	3:43	5	1:06	42	1:18
Leichtathletikhalle	2.00	7:37	3:48	2	0:47	13	1:38	4.00	15:03	3:45	3	1:53	15	2:56