



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Herzer, Nils

Club: Erfurter LAC

Number: 141

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 16:17

Speed: 14.74 km/h

Running performance: 4:04 min/km

Rank in course/Total: 39 (of 389)

Rank in course/Men: 32 (of 249)

Best time in course: 11:54

Rank in category: 7 (of 60)

Best time in the category: 14:20

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	2.00	8:02	4:00	9	0:59	35	2:03	2.00	8:02	4:00	34		29	2:02
Leichtathletikhah	2.00	8:15	4:07	6	0:58	34	2:21	4.00	16:17	4:04	7	1:57	32	4:23