



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wiesner, Nils

Club: Erfurter LAC

Number: 689

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 17:09

Speed: 13.99 km/h

Running performance: 4:17 min/km

Rank in course/Total: 79 (of 477)

Rank in course/Men: 69 (of 315)

Best time in course: 12:17

Rank in category: 11(of 67)

Best time in the category: 14:54

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	8:30	4:15	14	1:24	69	2:30	2.00	8:30	4:15	45		56	2:30
Leichtathletikhalle	2.00	8:39	4:19	11	1:15	72	2:25	4.00	17:09	4:17	11	2:15	69	4:52