



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Nagorsky, Leon

Club: RV Elxleben

Number: 208

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 17:12

Speed: 13.95 km/h

Running performance: 4:18 min/km

Rank in course/Total: 80 (of 477)

Rank in course/Men: 70 (of 315)

Best time in course: 12:17

Rank in category: 12 (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	8:23	4:11	11	1:17	65	2:23	2.00	8:23	4:11	39		67	2:23
Leichtathletikhah	2.00	8:49	4:24	13	1:25	86	2:35	4.00	17:12	4:17	12	2:18	70	4:55