



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Nagorsen, Nicole

Club: Erfurt

Number: 384

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Frauen (20-29 Jahre)

Total time: 26:34

Speed: 9.03 km/h

Running performance: 6:38 min/km

Rank in course/Total: 397 (of 446)

Rank in course/Women: 135 (of 168)

Best time in course: 13:59

Rank in category: 20(of 25)

Best time in the category: 16:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde Kurzstrecke	2.00	13:43	6:51	21	5:45	143	6:48	2.00	13:43	6:51	5	0:55	44	6:48
Leichtathletikhalle	2.00	12:51	6:25	18	4:33	122	5:47	4.00	26:34	6:38	20	10:18	135	12:35