



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Mehler, Saskia

Club: Erfurt
Number: 175

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:
Frauen (20-29 Jahre)

Total time: 20:57

Speed: 11.46 km/h
Running performance: 5:14 min/km

Rank in course/Total: 206 (of 477)

Rank in course/Women: 43 (of 162)

Best time in course: 14:18

Rank in category: 10(of 31)

Best time in the category: 14:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	10:45	5:22	10	3:43	49	3:43	2.00	10:45	5:22	26		28	3:37
Leichtathletikhah	2.00	10:12	5:05	8	2:56	39	2:56	4.00	20:57	5:14	10	6:39	44	6:39