



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Niodus, Martina

Club: Erfurt
Number: 587

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 20:55

Speed: 11.47 km/h

Running performance: 5:14 min/km

Rank in course/Total: 205 (of 477)

Rank in course/Women: 42 (of 162)

Best time in course: 14:18

Rank in category: 5 (of 37)

Best time in the category: 19:05

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	10:55	5:27	7	1:28	54	3:53	2.00	10:55	5:27	23		27	3:47
Leichtathletikhalle	2.00	10:00	5:00	4	0:31	36	2:44	4.00	20:55	5:13	5	1:50	43	6:37