



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rudel-Klein, Mandy

Club: MLC Laufteam

Number: 1133

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Frauen (20-29 Jahre)

Total time: 20:51

Speed: 11.51 km/h

Running performance: 5:13 min/km

Rank in course/Total: 199 (of 477)

Rank in course/Women: 40 (of 162)

Best time in course: 14:18

Rank in category: 9(of 31)

Best time in the category: 14:18

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	2.00	9:51	4:55	7	2:49	33	2:49	2.00	9:51	4:55	25		31	2:43
Leichtathletikhalle	2.00	11:00	5:30	14	3:44	67	3:44	4.00	20:51	5:12	9	6:33	41	6:33