



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Stadler, Eva

Club: Erfurt

Number: 18

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Frauen (20-29 Jahre)

Total time: 17:24

Speed: 13.79 km/h

Running performance: 4:21 min/km

Rank in course/Total: 86 (of 477)

Rank in course/Women: 11 (of 162)

Best time in course: 14:18

Rank in category: 3(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.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Runde	2.00	8:45	4:22	3	1:43	14	1:43	2.00	8:45	4:22	29			16	1:37
Leichtathletikhalle	2.00	8:39	4:19	3	1:23	12	1:23	4.00	17:24	4:20	3	3:06		12	3:06