



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Nagorsen, Nicole

Club: Erfurt
Number: 1082

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Frauen (20-29 Jahre)

Total time: 55:53

Speed: 10.74 km/h
Running performance: 5:35 min/km

Rank in course/Total: 544 (of 686)

Rank in course/Women: 84 (of 143)

Best time in course: 35:30

Rank in category: 18(of 31)

Best time in the category: 35:30

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	11:29	5:44	17	4:33	80	4:33	2.00	11:29	5:44	7		27	4:33
Runde	2.00	11:01	5:30	20	3:54	86	3:54	4.00	22:30	5:37	7		127	8:27
Runde	2.00	11:10	5:34	19	4:00	86	4:00	6.00	33:40	5:36	6	3:33	126	12:27
Runde	2.00	11:17	5:38	19	4:04	82	4:04	8.00	44:57	5:37	6	3:47	126	16:31
Leichtathletikhalle	2.00	10:56	5:28	19	3:52	80	3:52	10.00	55:53	5:35	18	20:23	84	20:23