



# 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<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                     |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>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           |