



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Niodus, Miriam

Club: Jena

Number: 588

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Frauen (20-29 Jahre)

Total time: 20:37

Speed: 11.64 km/h

Running performance: 5:09 min/km

Rank in course/Total: 188 (of 477)

Rank in course/Women: 36 (of 162)

Best time in course: 14:18

Rank in category: 7 (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	10:57	5:28	11	3:55	57	3:55	2.00	10:57	5:28	27			24	3:49
Leichtathletikhalle	2.00	9:40	4:49	7	2:24	30	2:24	4.00	20:37	5:09	7	6:19		37	6:19