



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fels, Stephanie

Club: Erfurt
Number: 196

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:
Frauen (20-29 Jahre)

Total time: 25:27

Speed: 9.43 km/h
Running performance: 6:22 min/km

Rank in course/Total: 420 (of 477)

Rank in course/Women: 128 (of 162)

Best time in course: 14:18

Rank in category: 23(of 31)

Best time in the category: 14:18

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	12:26	6:13	22	5:24	116	5:24	2.00	12:26	6:13	1	-	73	5:18
Leichtathletikhalle	2.00	13:01	6:30	25	5:45	133	5:45	4.00	25:27	6:21	23	11:09	129	11:09