



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 Mittelfranken

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 | 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 |