



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rahaus, Kirstin

Club: Erfurt

Number: 9

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Frauen (20-29 Jahre)

Total time: 25:33

Speed: 9.39 km/h

Running performance: 6:23 min/km

Rank in course/Total: 424 (of 477)

Rank in course/Women: 129 (of 162)

Best time in course: 14:18

Rank in category: 24(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	12:15	6:07	21	5:13	111	5:13	2.00	12:15	6:07	11		94	5:07
Leichtathletikhalle	2.00	13:18	6:39	27	6:02	141	6:02	4.00	25:33	6:23	24	11:15	130	11:15