



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Meister, Nicol

Club: MTB racing erfurt

Number: 625

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Frauen (20-29 Jahre)

Total time: 20:45

Speed: 11.57 km/h

Running performance: 5:11 min/km

Rank in course/Total: 196 (of 477)

Rank in course/Women: 39 (of 162)

Best time in course: 14:18

Rank in category: 8(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	10:23	5:11	8	3:21	40	3:21	2.00	10:23	5:11	4			156	3:15
Leichtathletikhah	2.00	10:22	5:11	10	3:06	46	3:06	4.00	20:45	5:11	8	6:27		40	6:27