



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 Mittelfüringen

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 |