



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Nowak, Sindy

Club: Walschberg Rumers
Number: 610

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Frauen (20-29 Jahre)

Total time: 21:04

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 217 (of 477)

Rank in course/Women: 47 (of 162)

Best time in course: 14:18

Rank in category: 11(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 | 10:27 | 5:13 | 9 | 3:25 | 41 | 3:25 | 2.00 | 10:27 | 5:13 | 2 | | 160 | 3:19 |
| Leichtathletikhah | 2.00 | 10:37 | 5:18 | 11 | 3:21 | 52 | 3:21 | 4.00 | 21:04 | 5:15 | 11 | 6:46 | 48 | 6:46 |