



# 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 Mittelfranken

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
Leichtathletikhalle	2.00	10:37	5:18	11	3:21	52	3:21	4.00	21:04	5:15	11	6:46	48	6:46