



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Brand, Dagmar

Club: Erfurt
Number: 214

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 21:36

Speed: 11.11 km/h

Running performance: 5:24 min/km

Rank in course/Total: 244 (of 477)

Rank in course/Women: 53 (of 162)

Best time in course: 14:18

Rank in category: 6(of 37)

Best time in the category: 19:05

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	11:03	5:31	9	1:36	61	4:01	2.00	11:03	5:31	22		29	3:55
Leichtathletikhalle	2.00	10:33	5:16	7	1:04	48	3:17	4.00	21:36	5:24	6	2:31	54	7:18