



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Milsch, Heidi

Club: Stuttgart

Number: 281

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 19:35

Speed: 12.26 km/h

Running performance: 4:54 min/km

Rank in course/Total: 156 (of 477)

Rank in course/Women: 30 (of 162)

Best time in course: 14:18

Rank in category: 1(of 21)

Best time in the category: 19:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	9:51	4:55	1	-	33	2:49	2.00	9:51	4:55	21		31	2:43
Leichtathletikhalle	2.00	9:44	4:51	1	-	31	2:28	4.00	19:35	4:53	1	-	31	5:17