



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Häfer, Katja

Club: Erfurt

Number: 67

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 20:57

Speed: 11.46 km/h

Running performance: 5:14 min/km

Rank in course/Total: 207 (of 477)

Rank in course/Women: 43 (of 162)

Best time in course: 14:18

Rank in category: 3 (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	11:07	5:33	5	1:16	63	4:05	2.00	11:07	5:33	20		34	3:59
Leichtathletikhalle	2.00	9:50	4:55	2	0:06	32	2:34	4.00	20:57	5:14	3	1:22	44	6:39