



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Scheler, Kerstin

Club: Erfurt

Number: 76

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Frauen (20-29 Jahre)

Total time: 22:34

Speed: 10.64 km/h

Running performance: 5:38 min/km

Rank in course/Total: 305 (of 477)

Rank in course/Women: 75 (of 162)

Best time in course: 14:18

Rank in category: 14(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	11:47	5:53	17	4:45	93	4:45	2.00	11:47	5:53	10		46	4:39
Leichtathletikh	2.00	10:47	5:23	13	3:31	61	3:31	4.00	22:34	5:38	14	8:16	76	8:16