



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Beblo, Antje

Club: Erfurt
Number: 342

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 23:18

Speed: 10.30 km/h

Running performance: 5:49 min/km

Rank in course/Total: 351 (of 477)

Rank in course/Women: 96 (of 162)

Best time in course: 14:18

Rank in category: 20(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	11:56	5:58	20	2:29	98	4:54	2.00	11:56	5:58	27		50	4:48
Leichtathletikhalle	2.00	11:22	5:41	21	1:53	89	4:06	4.00	23:18	5:49	20	4:13	97	9:00