



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kraft, Dana

Club: AOK Plus

Number: 84

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 22:21

Speed: 10.74 km/h

Running performance: 5:35 min/km

Rank in course/Total: 294 (of 477)

Rank in course/Women: 69 (of 162)

Best time in course: 14:18

Rank in category: 13 (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	11:22	5:41	12	1:55	71	4:20	2.00	11:22	5:41	28		52	4:14
Leichtathletikhalle	2.00	10:59	5:29	13	1:30	66	3:43	4.00	22:21	5:35	13	3:16	70	8:03