



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Jahn, Iris

Club: Erfurt

Number: 107

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 23:53

Speed: 10.05 km/h

Running performance: 5:58 min/km

Rank in course/Total: 370 (of 477)

Rank in course/Women: 104 (of 162)

Best time in course: 14:18

Rank in category: 24(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	11:54	5:57	19	2:27	97	4:52	2.00	11:54	5:57	20		58	4:46
Leichtathletikhalle	2.00	11:59	5:59	26	2:30	111	4:43	4.00	23:53	5:58	24	4:48	105	9:35