



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Jörg, Kathleen

Club: SV Empor Bad Langensalza

Number: 482

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 21:43

Speed: 11.05 km/h

Running performance: 5:26 min/km

Rank in course/Total: 256 (of 477)

Rank in course/Women: 56 (of 162)

Best time in course: 14:18

Rank in category: 8(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	10:43	5:21	5	1:16	47	3:41	2.00	10:43	5:21	30			59	3:35
Leichtathletikhalle	2.00	11:00	5:30	14	1:31	67	3:44	4.00	21:43	5:25	8	2:38		57	7:25