



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Sahl, Birgit

Club: RSV Adler Arnstadt

Number: 628

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 25:06

Speed: 9.56 km/h

Running performance: 6:17 min/km

Rank in course/Total: 410 (of 477)

Rank in course/Women: 121 (of 162)

Best time in course: 14:18

Rank in category: 28(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 | 12:34 | 6:16 | 27 | 3:07 | 124 | 5:32 | 2.00 | 12:34 | 6:16 | 33 | | 70 | 5:26 |
| Leichtathletikhalle | 2.00 | 12:32 | 6:15 | 29 | 3:03 | 123 | 5:16 | 4.00 | 25:06 | 6:16 | 28 | 6:01 | 122 | 10:48 |