



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Reuter, Katrin

Club: Erfurt

Number: 232

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 23:11

Speed: 10.35 km/h

Running performance: 5:48 min/km

Rank in course/Total: 344 (of 477)

Rank in course/Women: 92 (of 162)

Best time in course: 14:18

Rank in category: 17(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	12:09	6:04	23	2:42	106	5:07	2.00	12:09	6:04	36		86	5:01
Leichtathletikhalle	2.00	11:02	5:30	16	1:33	72	3:46	4.00	23:11	5:47	17	4:06	93	8:53