



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hunger, Anja

Club: Erfurt

Number: 261

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 25:15

Speed: 9.50 km/h

Running performance: 6:19 min/km

Rank in course/Total: 414 (of 477)

Rank in course/Women: 123 (of 162)

Best time in course: 14:18

Rank in category: 29(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	12:46	6:23	28	3:19	127	5:44	2.00	12:46	6:23	11		93	5:38
Leichtathletikhalle	2.00	12:29	6:14	28	3:00	121	5:13	4.00	25:15	6:18	29	6:10	124	10:57