



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Zebunke, Kathrin

Club: Erfurt
Number: 212

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 27:45

Speed: 8.65 km/h

Running performance: 6:56 min/km

Rank in course/Total: 454 (of 477)

Rank in course/Women: 144 (of 162)

Best time in course: 14:18

Rank in category: 33(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	13:17	6:38	31	3:50	143	6:15	2.00	13:17	6:38	4		98	6:09
Leichtathletikhalle	2.00	14:28	7:14	35	4:59	152	7:12	4.00	27:45	6:56	33	8:40	145	13:27