



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Focke, Yvonne

Club: Erfurt
Number: 234

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 27:50

Speed: 8.62 km/h

Running performance: 6:58 min/km

Rank in course/Total: 455 (of 477)

Rank in course/Women: 145 (of 162)

Best time in course: 14:18

Rank in category: 21(of 21)

Best time in the category: 19:35

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 | 13:58 | 6:59 | 21 | 4:07 | 153 | 6:56 | 2.00 | 13:58 | 6:59 | 11 | 1:34 | 99 | 6:50 |
| Leichtathletikhalle | 2.00 | 13:52 | 6:56 | 21 | 4:08 | 144 | 6:36 | 4.00 | 27:50 | 6:57 | 21 | 8:15 | 146 | 13:32 |