



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Heinze, Monika

Club: Blankenhain

Number: 590

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 22:28

Speed: 10.68 km/h

Running performance: 5:37 min/km

Rank in course/Total: 299 (of 477)

Rank in course/Women: 72 (of 162)

Best time in course: 14:18

Rank in category: 5(of 14)

Best time in the category: 20:18

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	11:21	5:40	4	1:03	68	4:19	2.00	11:21	5:40	8	1:03	55	4:13
Leichtathletikhalle	2.00	11:07	5:33	6	1:08	79	3:51	4.00	22:28	5:36	5	2:10	73	8:10