



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rißmann, Ute

Club: Erfurt

Number: 68

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternachten

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 22:56

Speed: 10.47 km/h

Running performance: 5:44 min/km

Rank in course/Total: 323 (of 477)

Rank in course/Women: 82 (of 162)

Best time in course: 14:18

Rank in category: 15 (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	11:39	5:49	14	2:12	85	4:37	2.00	11:39	5:49	6		63	4:31
Leichtathletikhalle	2.00	11:17	5:38	18	1:48	83	4:01	4.00	22:56	5:44	15	3:51	83	8:38