



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kühn, Sabine

Club: Goldbach

Number: 339

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 22:14

Speed: 10.79 km/h

Running performance: 5:34 min/km

Rank in course/Total: 285 (of 477)

Rank in course/Women: 65 (of 162)

Best time in course: 14:18

Rank in category: 11(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	11:19	5:39	11	1:52	67	4:17	2.00	11:19	5:39	7			106	4:11
Leichtathletikhalle	2.00	10:55	5:27	12	1:26	65	3:39	4.00	22:14	5:33	11	3:09		66	7:56