



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Voigt, Anja

Club: Erfurt

Number: 185

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 22:41

Speed: 10.58 km/h

Running performance: 5:40 min/km

Rank in course/Total: 307 (of 477)

Rank in course/Women: 76 (of 162)

Best time in course: 14:18

Rank in category: 9 (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	11:09	5:34	6	1:18	64	4:07	2.00	11:09	5:34	9		37	4:01
Leichtathletikhalle	2.00	11:32	5:46	11	1:48	98	4:16	4.00	22:41	5:40	9	3:06	77	8:23