



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Pokahr, Viola

Club: Sonntagsläufer Tambach-Dietharz

Number: 145

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 28:08

Speed: 8.53 km/h

Running performance: 7:02 min/km

Rank in course/Total: 462 (of 477)

Rank in course/Women: 151 (of 162)

Best time in course: 14:18

Rank in category: 13(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.	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	14:08	7:03	12	3:50	156	7:06	2.00	14:08	7:03	10	3:50	111	7:00
Leichtathletikhalle	2.00	14:00	7:00	12	4:01	147	6:44	4.00	28:08	7:01	13	7:50	152	13:50