



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wietschorke, Sabine

Club: Uni Blutbank Magdeburg

Number: 55

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 27:55

Speed: 8.60 km/h

Running performance: 6:59 min/km

Rank in course/Total: 457 (of 477)

Rank in course/Women: 146 (of 162)

Best time in course: 14:18

Rank in category: 34 (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	13:36	6:47	33	4:09	146	6:34	2.00	13:36	6:47	1	-	116	6:28
Leichtathletikhalle	2.00	14:19	7:09	34	4:50	150	7:03	4.00	27:55	6:58	34	8:50	147	13:37