



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schermesser, Tatjana

Club: speedy hares

Number: 142

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 22:53

Speed: 10.49 km/h

Running performance: 5:43 min/km

Rank in course/Total: 321 (of 477)

Rank in course/Women: 81 (of 162)

Best time in course: 14:18

Rank in category: 7(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	11:26	5:43	6	1:08	73	4:24	2.00	11:26	5:43	13	1:08	47	4:18
Leichtathletikhalle	2.00	11:27	5:43	7	1:28	94	4:11	4.00	22:53	5:43	7	2:35	82	8:35