



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rauch, Uta

Club: SSV Erfurt Nord e.V.

Number: 37

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 22:08

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 278 (of 477)

Rank in course/Women: 61 (of 162)

Best time in course: 14:18

Rank in category: 9 (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	11:51	5:55	18	2:24	95	4:49	2.00	11:51	5:55	14		137	4:43
Leichtathletikhalle	2.00	10:17	5:08	6	0:48	42	3:01	4.00	22:08	5:31	9	3:03	62	7:50