



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Klatte, Michaela

Club: RV Elxleben

Number: 279

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 21:20

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 231 (of 477)

Rank in course/Women: 49 (of 162)

Best time in course: 14:18

Rank in category: 4(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	10:30	5:15	2	0:39	43	3:28	2.00	10:30	5:15	5		141	3:22
Leichtathletikh	2.00	10:50	5:25	6	1:06	63	3:34	4.00	21:20	5:19	4	1:45	50	7:02