



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bargfeld, Claudia

Club: Kirchheim

Number: 327

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 27:56

Speed: 8.59 km/h

Running performance: 6:59 min/km

Rank in course/Total: 458 (of 477)

Rank in course/Women: 148 (of 162)

Best time in course: 14:18

Rank in category: 35(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	13:42	6:50	34	4:15	149	6:40	2.00	13:42	6:50	15	0:06	142	6:34
Leichtathletikhalle	2.00	14:14	7:06	33	4:45	149	6:58	4.00	27:56	6:59	35	8:51	149	13:38