



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Haber, Anke

Club: LSV 99 Bad Langensalza

Number: 533

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 22:33

Speed: 10.64 km/h

Running performance: 5:38 min/km

Rank in course/Total: 304 (of 477)

Rank in course/Women: 74 (of 162)

Best time in course: 14:18

Rank in category: 14(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	11:45	5:52	17	2:18	92	4:43	2.00	11:45	5:52	16		143	4:37
Leichtathletikh	2.00	10:48	5:24	11	1:19	62	3:32	4.00	22:33	5:38	14	3:28	75	8:15