



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Zscharnt, Ina

Club: DAV Inselberg

Number: 36

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 29:39

Speed: 8.09 km/h

Running performance: 7:25 min/km

Rank in course/Total: 471 (of 477)

Rank in course/Women: 157 (of 162)

Best time in course: 14:18

Rank in category: 36(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	14:53	7:26	37	5:26	161	7:51	2.00	14:53	7:26	18	1:17	150	7:45
Leichtathletikhah	2.00	14:46	7:23	36	5:17	154	7:30	4.00	29:39	7:24	36	10:34	158	15:21