



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Decker, Beatrice

Club: ASV Erfurt

Number: 245

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Frauen (20-29 Jahre)

Total time: 14:36

Speed: 16.44 km/h

Running performance: 3:39 min/km

Rank in course/Total: 19 (of 477)

Rank in course/Women: 2 (of 162)

Best time in course: 14:18

Rank in category: 2 (of 31)

Best time in the category: 14:18

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	7:19	3:39	2	0:17	3	0:17	2.00	7:19	3:39	31		7	0:11
Leichtathletikhah	2.00	7:17	3:38	2	0:01	2	0:01	4.00	14:36	3:38	2	0:18	2	0:18