



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Küster, Antje

Club: St. Pauli Marathon

Number: 182

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 19:08

Speed: 12.54 km/h

Running performance: 4:47 min/km

Rank in course/Total: 136 (of 477)

Rank in course/Women: 27 (of 162)

Best time in course: 14:18

Rank in category: 2 (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	9:39	4:49	2	0:12	31	2:37	2.00	9:39	4:49	29			17	2:31
Leichtathletikhalle	2.00	9:29	4:44	1	-	23	2:13	4.00	19:08	4:46	2	0:03		28	4:50