



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Küster, Petra

Club: Ilmenau OT Manebach

Number: 43

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 19:05

Speed: 12.58 km/h

Running performance: 4:46 min/km

Rank in course/Total: 134 (of 477)

Rank in course/Women: 26 (of 162)

Best time in course: 14:18

Rank in category: 1 (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	9:27	4:43	1	-	27	2:25	2.00	9:27	4:43	21	-	19	2:19
Leichtathletikhalle	2.00	9:38	4:48	2	0:09	28	2:22	4.00	19:05	4:46	1	-	27	4:47