



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Linow, Michaela

Club: Erfurt
Number: 505

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 20:40

Speed: 11.61 km/h

Running performance: 5:10 min/km

Rank in course/Total: 192 (of 477)

Rank in course/Women: 37 (of 162)

Best time in course: 14:18

Rank in category: 2 (of 21)

Best time in the category: 19:35

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 | 10:36 | 5:17 | 3 | 0:45 | 45 | 3:34 | 2.00 | 10:36 | 5:17 | 12 | | | 23 | 3:28 |
| Leichtathletikhalle | 2.00 | 10:04 | 5:01 | 3 | 0:20 | 37 | 2:48 | 4.00 | 20:40 | 5:10 | 2 | 1:05 | | 38 | 6:22 |