



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