



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Obst, Marion

Club: Erfurt
Number: 248

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 20:41

Speed: 11.60 km/h

Running performance: 5:10 min/km

Rank in course/Total: 194 (of 477)

Rank in course/Women: 38 (of 162)

Best time in course: 14:18

Rank in category: 4 (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	10:28	5:14	4	1:01	42	3:26	2.00	10:28	5:14	24			39	3:20
Leichtathletikhalle	2.00	10:13	5:06	5	0:44	40	2:57	4.00	20:41	5:10	4	1:36		39	6:23