



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 |