



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Herz, Julia

Club: Erfurt
Number: 259

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 22:30

Speed: 10.67 km/h

Running performance: 5:37 min/km

Rank in course/Total: 301 (of 477)

Rank in course/Women: 73 (of 162)

Best time in course: 14:18

Rank in category: 8(of 21)

Best time in the category: 19:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	11:30	5:45	10	1:39	79	4:28	2.00	11:30	5:45	19		40	4:22
Leichtathletikhalle	2.00	11:00	5:30	7	1:16	67	3:44	4.00	22:30	5:37	8	2:55	74	8:12