



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Olejnik, Olga

Club: Erfurt
Number: 240

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 23:00

Speed: 10.43 km/h

Running performance: 5:45 min/km

Rank in course/Total: 328 (of 477)

Rank in course/Women: 87 (of 162)

Best time in course: 14:18

Rank in category: 11(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	11:37	5:48	11	1:46	82	4:35	2.00	11:37	5:48	18		41	4:29
Leichtathletikhalle	2.00	11:23	5:41	9	1:39	91	4:07	4.00	23:00	5:45	11	3:25	88	8:42