



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Waschkowski, Rita

Club: Marineclub Gotha

Number: 273

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 23:10

Speed: 10.36 km/h

Running performance: 5:47 min/km

Rank in course/Total: 343 (of 477)

Rank in course/Women: 91 (of 162)

Best time in course: 14:18

Rank in category: 8(of 14)

Best time in the category: 20:18

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	11:23	5:41	5	1:05	72	4:21	2.00	11:23	5:41	2	1:05	42	4:15
Leichtathletikhalle	2.00	11:47	5:53	8	1:48	106	4:31	4.00	23:10	5:47	8	2:52	92	8:52