



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ehrsam, Katrin

Club: Erfurt
Number: 285

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 22:11

Speed: 10.82 km/h

Running performance: 5:33 min/km

Rank in course/Total: 280 (of 477)

Rank in course/Women: 63 (of 162)

Best time in course: 14:18

Rank in category: 10(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	11:04	5:31	10	1:37	62	4:02	2.00	11:04	5:31	25		43	3:56
Leichtathletikhalle	2.00	11:07	5:33	17	1:38	79	3:51	4.00	22:11	5:32	10	3:06	64	7:53