



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Widder, Michaela

Club: SV Arnstadt 02

Number: 536

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 23:58

Speed: 10.01 km/h

Running performance: 5:59 min/km

Rank in course/Total: 374 (of 477)

Rank in course/Women: 106 (of 162)

Best time in course: 14:18

Rank in category: 14(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	12:24	6:12	14	2:33	114	5:22	2.00	12:24	6:12	1	-	44	5:16
Leichtathletikhalle	2.00	11:34	5:46	14	1:50	101	4:18	4.00	23:58	5:59	14	4:23	107	9:40