



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schrader, Beate

Club: Erfurt
Number: 692

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 22:18

Speed: 10.76 km/h

Running performance: 5:35 min/km

Rank in course/Total: 290 (of 477)

Rank in course/Women: 67 (of 162)

Best time in course: 14:18

Rank in category: 4 (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	11:13	5:36	3	0:55	66	4:11	2.00	11:13	5:36	3	0:55	48	4:05
Leichtathletikhalle	2.00	11:05	5:32	4	1:06	76	3:49	4.00	22:18	5:34	4	2:00	68	8:00