



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Sonntag, Ines

Club: Erfurt
Number: 255

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:
Frauen (20-29 Jahre)

Total time: 23:58

Speed: 10.01 km/h
Running performance: 5:59 min/km

Rank in course/Total: 375 (of 477)

Rank in course/Women: 106 (of 162)

Best time in course: 14:18

Rank in category: 19(of 31)

Best time in the category: 14:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	11:56	5:58	19	4:54	98	4:54	2.00	11:56	5:58	5		50	4:48
Leichtathletikhalle	2.00	12:02	6:00	20	4:46	113	4:46	4.00	23:58	5:59	19	9:40	107	9:40