



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Frischknecht, Yvonne

Club: Sömmerda

Number: 598

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 24:50

Speed: 9.66 km/h

Running performance: 6:13 min/km

Rank in course/Total: 405 (of 477)

Rank in course/Women: 117 (of 162)

Best time in course: 14:18

Rank in category: 26(of 37)

Best time in the category: 19:05

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	14:05	7:02	35	4:38	154	7:03	2.00	14:05	7:02	32	0:29	68	6:57
Leichtathletikhalle	2.00	10:45	5:22	9	1:16	59	3:29	4.00	24:50	6:12	26	5:45	118	10:32