



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Sahl, Birgit

Club: RSV Adler Arnstadt

Number: 628

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 25:06

Speed: 9.56 km/h

Running performance: 6:17 min/km

Rank in course/Total: 410 (of 477)

Rank in course/Women: 121 (of 162)

Best time in course: 14:18

Rank in category: 28(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	12:34	6:16	27	3:07	124	5:32	2.00	12:34	6:16	33		70	5:26
Leichtathletikhalle	2.00	12:32	6:15	29	3:03	123	5:16	4.00	25:06	6:16	28	6:01	122	10:48