



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kirchner, Jana

Club: SWE Volley-Team

Number: 220

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 26:13

Speed: 9.15 km/h

Running performance: 6:33 min/km

Rank in course/Total: 441 (of 477)

Rank in course/Women: 137 (of 162)

Best time in course: 14:18

Rank in category: 20(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	13:12	6:35	20	3:21	138	6:10	2.00	13:12	6:35	15	0:48	67	6:04
Leichtathletikhalle	2.00	13:01	6:30	19	3:17	133	5:45	4.00	26:13	6:33	20	6:38	138	11:55