



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Maar, Selina

Club: Ilmtal

Number: 546

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 24:14

Speed: 9.90 km/h

Running performance: 6:04 min/km

Rank in course/Total: 387 (of 477)

Rank in course/Women: 111 (of 162)

Best time in course: 14:18

Rank in category: 15(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	12:14	6:06	13	2:23	110	5:12	2.00	12:14	6:06	13			83	5:06
Leichtathletikhalle	2.00	12:00	6:00	16	2:16	112	4:44	4.00	24:14	6:03	15	4:39		112	9:56