



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Perec, Simone

Club: ANNA KRAM e.V.

Number: 344

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 23:16

Speed: 10.32 km/h

Running performance: 5:49 min/km

Rank in course/Total: 349 (of 477)

Rank in course/Women: 95 (of 162)

Best time in course: 14:18

Rank in category: 19(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	12:32	6:15	25	3:05	121	5:30	2.00	12:32	6:15	35		84	5:24
Leichtathletikhalle	2.00	10:44	5:21	8	1:15	58	3:28	4.00	23:16	5:48	19	4:11	96	8:58