



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Otto, Silva

Club: Erfurt
Number: 537

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 23:57

Speed: 10.02 km/h

Running performance: 5:59 min/km

Rank in course/Total: 373 (of 477)

Rank in course/Women: 105 (of 162)

Best time in course: 14:18

Rank in category: 13(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. | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | | | | | | | | | | | |
| Runde | 2.00 | 12:24 | 6:12 | 14 | 2:33 | 114 | 5:22 | 2.00 | 12:24 | 6:12 | 1 | - | 44 | 5:16 |
| Leichtathletikhalle | 2.00 | 11:33 | 5:46 | 13 | 1:49 | 100 | 4:17 | 4.00 | 23:57 | 5:59 | 13 | 4:22 | 106 | 9:39 |