



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Krieg, Heike

Club: ErfurtNordGymnastik

Number: 362

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 22:48

Speed: 10.53 km/h

Running performance: 5:42 min/km

Rank in course/Total: 316 (of 477)

Rank in course/Women: 78 (of 162)

Best time in course: 14:18

Rank in category: 6(of 14)

Best time in the category: 20:18

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	11:42	5:50	8	1:24	87	4:40	2.00	11:42	5:50	5	1:24	53	4:34
Leichtathletikhalle	2.00	11:06	5:32	5	1:07	78	3:50	4.00	22:48	5:42	6	2:30	79	8:30