



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Vedder, Karin

Club: SV Sömmerda e.V

Number: 134

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher Mitterhungen

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 22:15

Speed: 10.79 km/h

Running performance: 5:34 min/km

Rank in course/Total: 286 (of 477)

Rank in course/Women: 66 (of 162)

Best time in course: 14:18

Rank in category: 3(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	11:38	5:48	7	1:20	83	4:36	2.00	11:38	5:48	6	1:20	89	4:30
Leichtathletikhalle	2.00	10:37	5:18	3	0:38	52	3:21	4.00	22:15	5:33	3	1:57	67	7:57