



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rasche, Rosalinde

Club: Erfurt
Number: 340

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 25:22

Speed: 9.46 km/h

Running performance: 6:20 min/km

Rank in course/Total: 417 (of 477)

Rank in course/Women: 125 (of 162)

Best time in course: 14:18

Rank in category: 10(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	12:12	6:05	10	1:54	108	5:10	2.00	12:12	6:05	7	1:54	91	5:04
Leichtathletikhalle	2.00	13:10	6:34	10	3:11	136	5:54	4.00	25:22	6:20	10	5:04	126	11:04