



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Peters, Claudia

Club: Weimar

Number: 296

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 21:38

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 246 (of 477)

Rank in course/Women: 54 (of 162)

Best time in course: 14:18

Rank in category: 7 (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 | 10:52 | 5:26 | 6 | 1:25 | 52 | 3:50 | 2.00 | 10:52 | 5:26 | 2 | | | 95 | 3:44 |
| Leichtathletikhalle | 2.00 | 10:46 | 5:23 | 10 | 1:17 | 60 | 3:30 | 4.00 | 21:38 | 5:24 | 7 | 2:33 | | 55 | 7:20 |