



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