



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Engelhardt, Cornelia

Club: Schönstedt

Number: 103

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 24:37

Speed: 9.75 km/h

Running performance: 6:09 min/km

Rank in course/Total: 399 (of 477)

Rank in course/Women: 114 (of 162)

Best time in course: 14:18

Rank in category: 25(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	12:33	6:16	26	3:06	122	5:31	2.00	12:33	6:16	3		97	5:25
Leichtathletikhalle	2.00	12:04	6:01	27	2:35	115	4:48	4.00	24:37	6:09	25	5:32	115	10:19