



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Focke, Yvonne

Club: Erfurt
Number: 234

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen
Mittelhungen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 27:50

Speed: 8.62 km/h

Running performance: 6:58 min/km

Rank in course/Total: 455 (of 477)

Rank in course/Women: 145 (of 162)

Best time in course: 14:18

Rank in category: 21(of 21)

Best time in the category: 19:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	13:58	6:59	21	4:07	153	6:56	2.00	13:58	6:59	11	1:34	99	6:50
Leichtathletikhalle	2.00	13:52	6:56	21	4:08	144	6:36	4.00	27:50	6:57	21	8:15	146	13:32