



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rißmann, Ute

Club: Erfurt

Number: 68

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 22:56

Speed: 10.47 km/h

Running performance: 5:44 min/km

Rank in course/Total: 323 (of 477)

Rank in course/Women: 82 (of 162)

Best time in course: 14:18

Rank in category: 15 (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 | 11:39 | 5:49 | 14 | 2:12 | 85 | 4:37 | 2.00 | 11:39 | 5:49 | 6 | | 63 | 4:31 |
| Leichtathletikhalle | 2.00 | 11:17 | 5:38 | 18 | 1:48 | 83 | 4:01 | 4.00 | 22:56 | 5:44 | 15 | 3:51 | 83 | 8:38 |