



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Heyder, Johanna

Club: Erfurt

Number: 77

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Frauen (20-29 Jahre)

Total time: 22:50

Speed: 10.51 km/h

Running performance: 5:43 min/km

Rank in course/Total: 318 (of 477)

Rank in course/Women: 79 (of 162)

Best time in course: 14:18

Rank in category: 16(of 31)

Best time in the category: 14:18

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	11:47	5:53	17	4:45	93	4:45	2.00	11:47	5:53	10		46	4:39
Leichtathletikhalle	2.00	11:03	5:31	15	3:47	75	3:47	4.00	22:50	5:42	16	8:32	80	8:32