



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Krieger, Maria

Club: Schwerborn

Number: 558

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 24:43

Speed: 9.71 km/h

Running performance: 6:11 min/km

Rank in course/Total: 404 (of 477)

Rank in course/Women: 116 (of 162)

Best time in course: 14:18

Rank in category: 16(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.	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	13:02	6:30	19	3:11	132	6:00	2.00	13:02	6:30	10	0:38	79	5:54
Leichtathletikhah	2.00	11:41	5:50	15	1:57	104	4:25	4.00	24:43	6:10	16	5:08	117	10:25